

HERBS & SPICES

- sea salt
- black pepper
- dried rosemary
- dried thyme
- dried dill
- dried parsley
- dried oregano
- granulated garlic
- ground cumin
- Chinese five spice powder
- ancho chili powder
- cayenne pepper
- allspice
- fennel seeds
- mustard powder
- ground sage
- onion powder
- chipotle powder
- smoked paprika
- ground cinnamon
- ground ginger
- ground cloves
- ground coriander
- turmeric
- unsweetened cocoa powder
- nutmeg
- yellow curry powder
- vanilla extract
- bay leaves
- pumpkin pie spice (optional)
- red pepper flakes (optional)
- white pepper (optional)
- 1 vanilla bean pod
- 2 tbsp finely ground coffee beans
- 1 cardamom pod
- cinnamon sticks
- celery salt

FATS & OILS

- bacon Fat
- coconut Oil
- ghee
- cold pressed sesame oil
- macadamia nut Oil
- olive oil
- unsalted butter

CANNED & JARRED

- coconut milk
- canned pumpkin
- capers
- tomato paste
- tomato sauce
- black olives
- diced green chiles
- baking soda
- gelatin
- 1 can no-salt added diced tomatoes

NUTS & SEEDS

- pecans
- walnuts
- almonds
- pistachios
- chia seeds
- sunflower seeds
- sesame seeds
- almond butter
- almond flour
- almond milk
- arrowroot flour
- coconut flour
- unsweetened coconut flakes

SAUCES & OTHER...

- fish sauce
- hot sauce
- coconut aminos
- sesame tahini
- gluten free dijon mustard
- organic rice vinegar
- nutritional yeast
- apple cider vinegar
- gluten free brown mustard