

Pantry Staples



Dried Herbs & Spices

Thyme
Rosemary
Oregano
Cumin
Paprika
Cinnamon
Garlic Powder
Fine Sea Salt
Seasoning Salt
Black Pepper

Dry Goods

GF 1:1 Ratio Flour
GF Oats
Black Beans
Brown Rice
Quinoa
Brown Sugar
White Sugar

Oils & Vinegars

Olive Oil
Coconut Oil
Canola Oil
Grapeseed or Coconut
Oil Spray
Earth Balance Butter
White Wine Vinegar
Balsamic Vinegar
Apple Cider Vinegar

Sauces & Syrups

Low Sugar Ketchup
Yellow Mustard
Dijon Mustard
Hot Sauce
GF Soy Sauce
GF Worcestershire Sauce
Maple Syrup
Honey
Vanilla Extract

*GF = gluten-free