

Natural Pantry Shopping List

Stock your kitchen with these essential ingredients and you'll be able to transform poultry, fish, tofu, or meat into a healthy dinner any night of the week.

Fruits and Vegetables

- In-season greens
- Frozen spinach
- Garlic
- Onions or shallots
- Organic citrus
- Tomatoes (canned or fresh)
- Dried mushrooms
- Frozen fruit
- Artichokes
- Chile peppers

Herbs and Spices

- Dried thyme, sage, and oregano
- Fresh parsley, basil, mint, or cilantro
- Ginger
- Curry spices (turmeric, coriander, cinnamon, cumin, and paprika)

Nuts and Oils

- Almonds, walnuts, or pecans
- Pine nuts
- Organic olive oil
- Grapeseed oil (for cooking and sauteing)
- Walnut, flaxseed, or pumpkin seed oil (for finishing)



Grains and Legumes

- Quinoa
- Buckwheat soba noodles
- Chickpeas, black beans, lentils, or kidney beans
- Whole-wheat pasta
- Wild, brown, or basmati rice
- Spelt

Condiments

- Mustard (Dijon, tamari, ginger, or rosemary blends)
- Pomegranate molasses (for dressings and marinades)
- Olives
- Vinegar (balsamic or rice)
- Whole-wheat breadcrumbs
- Miso
- Sea salt
- Green tea
- Hard cheese (Parmesan, grana padano, or pecorino Romano)
- Plain yogurt
- Low-sodium chicken or vegetable broth
- Fish sauce
- Wine (red or white)