

## *Pantry Essentials*

Almond or Cashew Flour (blanched)  
Avocado Oil  
Baking Soda  
Canned tomatoes  
Canned Tuna  
Cinnamon  
Clean condiments  
Coconut Butter  
Coconut Flour  
Coconut Milk (canned w/o guar gum)  
Coconut Oil  
Dates  
Dried beans and lentils  
Extra Virgin Olive Oil  
Garlic granules  
Honey  
Maple Syrup  
Nut and Seed Butters  
Olives and Pickles  
Onion granules  
Parchment Paper  
Sea Salt  
Vanilla Extract (check labels)  
Variety of dried herbs  
Variety of nuts and seeds

## *Kitchen Essentials*

Blender  
Cheese Cloth  
Dehydrator  
Food Processor  
Ice Cream Maker  
Muffin and Cakes Pans  
Quality Sharp Knives  
Silicon Mats  
Slow Cooker or InstaPot  
Spiralizer  
Stand or Hand Mixer