

from the book **PRACTICAL PALEO**
 guide to: stocking a paleo pantry

Fresh is best. Shopping the perimeter of the grocery store is ideal for the bulk of your foods, but you will want to add spices and some pantry items to your arsenal to cook up some tasty dishes and have some stand-by foods on-hand. Some of these foods are sold in cold sections of the store and need to be kept cold despite being packaged items.

herbs & spices

SOME HERBS CAN BE FOUND IN BOTH FRESH AND DRIED FORMS. INCLUDING BUT NOT LIMITED TO

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|-----------------------|----------------------|----------------------------|---------------------|
| · Anise | · Clove | · Lemon verbena | · Pumpkin pie spice |
| · Annatto | · Coriander | · Licorice | · Rosemary |
| · Basil | · Cumin | · Mace | · Saffron |
| · Bay leaf | · Curry | · Marjoram | · Sage |
| · Caraway | · Dill | · Mint | · Sea salt |
| · Cardamom | · Fennel | · <i>Mustard</i> | · Spearmint |
| · Cayenne | · Fenugreek | · Nutmeg | · Star anise |
| · Celery seed | · Galangal | · Onion powder* | · Tarragon |
| · Chervil | · Garlic | · Oregano | · Thyme |
| · Chicory* | · Ginger | · Paprika | · Turmeric |
| · Chili powder | · <i>Horseradish</i> | · Parsley | · Vanilla |
| · Chipotle | · Juniper berry | · Pepper, black | · <i>Wasabi</i> |
| · Chives | · Kaffir lime leaves | · Peppercorns, whole black | · Za'atar |
| · Cilantro | · Lavender | · Peppermint | |
| · Cinnamon | · Lemongrass | | |

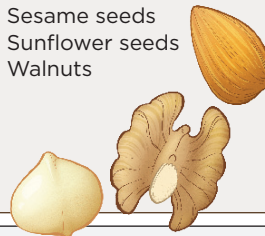
canned & jarred

INCLUDING BUT NOT LIMITED TO

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|----------------------------|------------------|-----------------------------|-----------------------|
| · Anchovy paste | · Fish roe | · Salmon - wild | · Tomato paste |
| · Applesauce* | · Herring - wild | · Sardines - wild | · Tomato sauce |
| · Capers | · Olives | · Sun-dried tomatoes | · Tuna - wild |
| · Coconut milk* | · Oysters | · <i>Sweet potato</i> | |
| · Coconut water/
Juice* | · Pickles | · Tahini | |
| | · Pumpkin | | |

nuts, seeds & dried fruit

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|------------------------------------|---------------------------------|---------------------|-------------------|
| · Almonds | · Coconut*:
shredded, flakes | · Dried currants | · Pine nuts |
| · Almond butter | · Dates | · Dried figs* | · Pistachios* |
| · Almond flour | · Dried apples* | · Dried mango* | · Pumpkin seeds |
| · Banana chips (check ingredients) | · Dried apricots* | · Dried pineapple | · Sesame seeds |
| · Brazil nuts | · Dried blueberries | · Dried raspberries | · Sunflower seeds |
| · Chestnuts | · Dried cranberries | · Hazelnuts | · Walnuts |
| · Coconut butter* | | · Macadamia nuts | |
| | | · Pecans | |



add your own!

MAYBE YOU HAVE FAVORITE ITEMS NOT LISTED ABOVE THAT YOU KNOW ARE PALEO-FRIENDLY; WRITE THEM IN TO USE THIS AS A SHOPPING LIST

fats & oils

SEE THE FATS & OILS GUIDE FOR DETAILS

- Avocado oil: CP
- Bacon fat
- Ghee
- Coconut oil
- Macadamia oil: CP
- Extra-virgin olive oil
- Palm oil
- Palm shortening
- Sesame oil: CP
- Walnut oil: CP

saucers

- Coconut aminos* (soy-replacement)
- Fish sauce (Red Boat brand)
- **Hot sauce (gluten-free)**
- *Mustard (gluten-free)*
- Vinegars: apple cider*, red wine, distilled, rice and balsamic (avoid malt vinegar)

beverages

- Green tea
- Herbal tea
- Mineral water
- White tea
- Organic coffee

treats & sweets

FOR OCCASIONAL USE

- Carob powder
- Cocoa powder
- Honey
- Maple syrup
- Molasses
- Dark chocolate

NOTES

CP = cold-pressed
bold = nightshades
italics = goitrogenic
 * = FODMAPs (p.115)

Buy as many of your pantry items as possible in organic form.