



## PANTRY ESSENTIALS FOR HEALTHY EATING

When you're trying to eat healthy/eat Whole30, there are a few pantry essentials that will make your life A LOT easier.

- **Minced Garlic:** it's worth it to buy minced. Just wait until you see how much time you save, instead of peeling, crushing and chopping a fresh clove in every recipe.
- **Spices & Seasonings:** The right spices improve every recipe. I like Primal Palate and Penzey's, Make sure to store your spices in a cool, dark place (not right above the oven) so they stay fresher for longer!
- **Frank's Red Hot:** It goes on anything! Try it on everything from eggs, to roasted veggies, to grilled meats.
- **Primal Kitchen Mayo:** If you know you love all the Primal Kitchen goodies, grab their Whole30 pack on Amazon.
- **Ghee:** A healthier alternative to butter, coconut oil, or avocado oil in recipes.
- **Coconut Milk:** If you don't use a whole can of coconut milk and are afraid it will go bad before you use it, freeze the leftovers in an ice cube tray, and use them in iced coffee!



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- **Canned Salmon and Tuna:** A super quick protein options when you come home starving, or have almost no food left in the house!
- **Snacks like: Nuts, Seeds and Jerky:** Great for emergency snacks, not as a staple every single day.
- **Coconut Aminos:** Use it in place of soy sauce in any Asian recipe.
- **Alternative flours:** You can still make delicious baked goods when eating grain-free. Almond flour, coconut flour and tapioca flour are popular choices.
- **Avocados:** The creaminess of avocados make salads, wraps or really any dish feel more decadent.
- **Salsa:** Throw some chicken breasts in the crock pot with a jar of salsa, cook on low for 6 hours, and then shred the chicken in the sauce. You will have a yummy protein for lunches through the week.
- **Compliant Snack Bars:** Larabars and RX Bars are both Whole30 compliant but do eat them in moderation!