

Clean Eating Pantry Staples

Oils | Fats | Vinegar

- olive oil (olive oil, lemon juice, salt and pepper = the easiest dressing)
- avocado oil
- sesame oil (for stir fries)
- coconut oil (solid and liquid) I like to add a tsp of coconut oil to my oatmeal in the morning
- cooking spray ([Chosen Foods Avocado Oil Spray](#))
- balsamic vinegar
- apple cider vinegar

Canned | Jars | Grains

- organic diced tomatoes
- pumpkin
- coconut milk (without carrageenans like [Trader Joe's](#), [Native Forest](#) and [Thai Kitchen](#))
- lentils
- black beans
- chickpeas
- tuna ([Safe Catch](#) has the lowest mercury so if you eat it often I recommend this brand)
- wild salmon ([Wild Planet](#))
- hummus (Cava or Hope Foods)
- chicken/beef stock
- [Frontera Sauces](#) for quick fajitas and tacos
- coconut aminos (to replace soy sauce)
- gluten free pastas
- tahini
- quinoa
- brown rice
- black forbidden rice

Baking Items

- almond flour ([Bob's Red Mill](#))
- gluten free flour ([Bob's Red Mill](#))
- coconut flour
- oat flour
- vanilla
- [Lily's Chocolate Chips](#) (stevia sweetened - low carb)
- [Enjoy Life Chocolate Chips](#)
- kosher salt

- spices (I love blends like the chili lime seasoning from Trader Joe's)
- liquid Stevia from Trader Joe's
- honey and pure maple syrup

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