

# FOOD PANTRY LIST

BUY NON-GMO  
& ORGANIC WHEN POSSIBLE

## GRAINS/LEGUMES:

QUINOA  
BROWN RICE  
BASMATI RICE  
JASMINE RICE  
DRY LENTILS  
HOMEMADE GRANOLA  
GF OATS (ROLLED,  
QUICK, STEEL CUT)

## NUTS:

ALMONDS  
BRAZIL NUTS  
WALNUTS  
PISTACHIOS  
CASHEWS

## SWEETNERS:

SHREDDED COCONUT  
DATES  
HONEY  
MONK FRUIT  
COCONUT SUGAR  
CACAO NIBS OR CHIPS

## SEEDS:

HEMP SEEDS  
CHIA SEEDS  
SUNFLOWER SEEDS  
PUMPKIN SEEDS  
&/OR PEPITA SEEDS

## GF FLOURS:

SORGHUM FLOUR  
COCONUT FLOUR  
ALMOND FLOUR  
BROWN RICE  
OAT

## FATS:

COCONUT OIL  
SUNFLOWER BUTTER  
AVOCADO OIL  
GHEE

## MISC.

APPLE CIDER VINEGAR

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