



Janet's Pantry





People always ask me what my “must have” pantry items are.

So here is a list of my favorite things and food items that I always keep on hand. You can find more information about brands to buy and tips for quick meals and snacks in our coaching community.



It is said that the kitchen is the heart of the home, it is also the heart of your health. In fact, Thomas Edison predicted: ***“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”***

□ **Non-Starchy Vegetables**

- Yams
- Sweet Potatoes
- Frozen Peas

□ **Vegetables**

(Here's what I always keep on hand.

I shop for other vegetables every few days)

- Carrots
- Cucumbers
- Frozen Edamame,
- Fresh & Minced Garlic
- Fresh Ginger
- Green & Red Cabbage
- Kale
- Celery
- Romaine Lettuce
- Lettuce mixes (arugula, spring mix etc.)
- Onions,
- Peppers (red, yellow, green)
- Tomatoes

□ **Fruit**

- Acai Berry (Powder & Frozen)
- Blueberries (Frozen & Fresh)
- Strawberries
- Citrus Fruits (Lemons, Limes, Grapefruit)

□ **Whole Grains**

- Quinoa (Red & White)

□ **Nuts, Seeds & Nut Butters**

- Almonds, Pecans, Walnuts
- Roasted Pumpkin Seeds, ,
- Roasted Sunflower Seeds
- Ground Flax Seeds (Barleans)
- Almond Butter (Raw & Regular)
- Peanut Butter
- Miso Paste
- Tahini

□ **Beans**

- Canned: Garbanzo, Black, Navy
- Dried: Lentils, (Red, French), Adzuki Beans
- Canned Chili
- Bagged Bean Mixes
- Hummus & Other Bean Spreads

□ **Breads , Cereal, Pasta, Crackers & Chips**

- Sprouted Grain Bread
- Paleo Bread
- Sprouted Grain English Muffins & Tortillas
- Triscuits
- McCann's Steel Cut Oatmeal
- Chick Pea Pasta

□ **Healthy Fats & Oils**

- Olive Oil (Extra Virgin and flavored)
- Avocados
- Grape Seed Oil
- Walnut Oil

□ **Vinegar, Salad Dressings, Marinades**

- Vinegars: Red Wine, Balsamic, Rice, Ume Plum, Citrus Flavored, Apple Cider Vinegar
- Salad Dressings: Newman's Own Olive Oil & Vinegar, Annie's Goddess, Trader Joe's Olive Oil and Red Wine

□ **Marinades & Stir Fry Seasonings**

- Drew's Dressing & Marinades
- Bragg's Liquid Amino Acids

□ **Seasonings**

- Cinnamon, Vanilla, Tumeric, Pepper, Fine Herbs, Basil, Cilantro, Chili Powder, Paprika, Parsley, Garam Masala, Gomashio

• **Baking**

- Almond Flour
- Coconut Flour
- Baking Soda/Baking Powder

□ **Dairy, Protein & Milk Alternatives** (as with Vegetables, below is what I keep on hand, and I buy fish, turkey and items such as Boca Burgers as needed)

- Goat Cheese (spreadable & regular)
- Greek Yogurt
- Fresh Parmesan Cheese
- Lite Cream Cheese
- Part Skim Ricotta
- Tofu (Firm & Silky)
- Grass Fed Butter
- Unsweetened Almond Milk
- Lite Coconut Milk
- Organic Cooked Roasted Chicken
- Sardines (Crown Prince Boneless)
- Free Range, Organic Eggs
- Rotisserie Chicken

□ **Condiments, & Miscellaneous**

- Mustard,
- Light Mayonnaise
- Sun Dried Tomatoes,
- Capers
- Greens Powder (Amazing Grass Green Super Food Brand)
- Whey Protein Powder (Grass Fed)
- Bone Broth
- Organic Soup Stock
- Seasoning Mixes
- Trader Joe's 21 Salute
- Salsa
- Unsweetened Raw Cacao
- Dark Chocolate (Lillys)
- Tea (Green & Black)
- Seltzer & Sparkling Water
- Pasta/Pizza Sauce
- Stevia, Truvia
- Fruit Spreads (Wild Blueberry)

Super foods for your Empowered Pantry

Acai Berry	Edamame	Pomegranate
Almonds	Garbanzo Beans	Pumpkin Seeds
Apple Cider Vinegar	Garlic	Quinoa
Apples	Ginger	Raspberries
Arugula	Goji Berries	Sardines
Avocados	Green Beans	Sauerkraut
Azuki Beans	Green Peas	Sea Vegetables
Barley	Green Tea	Sesame Seeds
Barley Grass	Horseradish	Spinach
Black Beans	Jicama	Spirulina
Blueberries	Kale	Sprouts
Bok Choy	Kidney Beans	Squash (Summer)
Brazil Nuts	Kimchee	Squash (Winter)
Broccoli	Kiwi Fruit	Strawberries
Brussels Sprouts	Leeks	Sunflower Seeds
Cabbage	Lentils	Sweet Potatoes
Carrots	Mushrooms	Swiss Chard
Cauliflower	Natto	Tomatoes
Cherries	Navy Beans	Turmeric
Chocolate-Dark	Oatmeal	Walnuts
Chocolate-Raw	Olive Oil	Watercress
Cinnamon	Onions	Wheat Germ
Collard Greens	Pecans	Wheat Grass
Cranberries	Peppers	Whey Powder
Dandelion	Pistachio Nuts	Yogurt

Food Label Terms

- **Fat-free:** Product has less than ½ gram of fat per serving
- **99% fat-free:** Every 100 grams of food will have 1 gram or less of fat.
- **Low-fat:** Product has 3 grams or less of fat per serving
- **Reduced-fat:** Fat has been reduced by at least 25% when compared with a similar food product.
- **Trans fat free:** Product has less than 0.5 gram of trans fat per serving
- **Light:** Product has 33% fewer calories or 50% less fat per serving than a comparable product
- **Lean:** Used for meat and poultry only. Product has less than 10 grams of fat, less than 4 grams of saturated fat, and less than 95 milligrams of cholesterol per serving
- **Low Calorie:** Product has 40 calories or less per serving.
- **Saturated fat free:** Product has less than 0.5 gram of saturated fat per serving
- **Low in saturated fat:** Product has 1 gram or less of saturated fat per serving
- **Cholesterol-free:** Product has less than 2 milligrams of cholesterol and 2 grams of saturated fat per serving
- **Low-cholesterol:** Product has less than 20 milligrams of cholesterol and 2 grams of saturated fat per serving.
- **Sodium-free:** Product has less than 5 milligrams of sodium per serving
- **Very low sodium-**Product has 35 milligrams or less of sodium per serving.
- **Low-sodium:** Product has 140 milligrams or less of sodium per serving.
- **Good source of:** Used for fiber, protein, vitamins or minerals. Product has at least 10% of the Daily Value of a particular nutrient.
- **High in (excellent source of):** Used for fiber, protein, vitamins or minerals. Product has at least 20% of the Daily Value of a particular nutrient.

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your own Empowered Pantry Makeover™*

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