

PANTRY STAPLES STOCK-UP LIST

These are the ingredients that show up again and again throughout this book. Keep them stocked throughout your prep window and your weekly grocery run only needs to cover the fresh items for that session. You do not need to buy everything at once. Build this list gradually over the weeks leading up to your prep sessions and check things off as you go.

Oils and fats:

- ☐ Olive oil ☐ Avocado oil ☐ Coconut oil ☐ Sesame oil ☐ Unsalted butter

Baking essentials:

- ☐ Baking powder ☐ Baking soda ☐ Fine salt ☐ Flaky sea salt ☐ Vanilla extract ☐ Dry mustard powder ☐ Dark chocolate chips

Canned goods:

- ☐ Chicken bone broth (or homemade, page 86) ☐ Beef bone broth ☐ Canned crushed tomatoes ☐ Canned diced tomatoes ☐ Canned fire-roasted diced tomatoes ☐ Canned pineapple chunks ☐ Canned diced green chiles ☐ Oil-packed sun-dried tomatoes ☐ Canned black beans ☐ Canned pinto beans ☐ Canned kidney beans ☐ Tomato paste

Condiments and sauces:

- ☐ Red enchilada sauce (or homemade, page 82) ☐ Soy sauce or coconut aminos ☐ Fish sauce ☐ Hoisin sauce ☐ Ketchup ☐ Avocado mayo ☐ Rice vinegar ☐ Apple cider vinegar ☐ Worcestershire sauce

Dry goods:

- ☐ All-purpose flour ☐ Almond flour ☐ Rolled oats ☐ Panko breadcrumbs ☐ Elbow macaroni ☐ Ziti or penne ☐ Jasmine rice ☐ Cornstarch ☐ Cornmeal

Sweeteners:

- ☐ Honey ☐ Maple syrup ☐ Brown sugar ☐ Cane sugar

Lactation ingredients:

- ☐ Brewer's yeast (debittered and unflavored) ☐ Flaxseed meal ☐ Hemp seeds ☐ Chia seeds ☐ Peanut butter powder

Nuts, seeds, and dried fruit:

- ☐ Walnuts ☐ Cashews ☐ Pistachios ☐ Pumpkin seeds ☐ Unsweetened coconut flakes ☐ Raisins ☐ Dried cranberries ☐ Dried apricots

Spices and seasonings:

- ☐ Garlic powder ☐ Onion powder ☐ Smoked and regular paprika ☐ Ground cumin ☐ Ground coriander ☐ Chili powder ☐ Cayenne pepper ☐ Cinnamon ☐ Cacao powder ☐ Italian seasoning ☐ Dried oregano ☐ Garam masala ☐ Turmeric ☐ Kashmiri chili powder ☐ Fenugreek powder ☐ Cajun seasoning ☐ Ground ginger ☐ White pepper ☐ Black pepper ☐ Red pepper flakes ☐ Kosher salt ☐ Bay leaves ☐ Whole peppercorns ☐ Star anise (optional, for Bone Broth)

Freezer staples:

- ☐ Frozen corn ☐ Frozen blueberries ☐ Frozen spinach ☐ Frozen meatballs (optional, shortcut for the Aloha Meatballs)