



# YOUR PANTRY



# Protein



Protein (ideally free range, grass-fed or organic)

## Farmed Meat

Beef

Buffalo

Lamb

## Eggs

Chicken eggs

Duck eggs

Quail eggs

## Organ meat

Liver

Kidney

Heart



Protein

## Game

Venison

Rabbit

Pheasant

Grouse

Guinea fowl

## Poultry

Chicken

Turkey

Duck



# Protein

## Fish/Seafood

Anchovies

Cod

Haddock

Herring

Mackerel

Pollock

Salmon

Sardines

Seabass

Prawns

Scallops

Squid

Trout



# Fats



# Fats

## Solid fats

Beef fat

Goose fat

Lard

Coconut cream (tin or carton)

Nuts, nut butters & milk

Almond

Brazil

Cashews

Chestnuts

Hazelnuts

Macadamias

Pecans

Pistachios

Walnuts

Coconut

## Oils

Avocado oil

Extra virgin coconut oil

Extra virgin olive oil

Macadamia oil

## Seeds

Chia

Flaxseed

Hemp

# Carbohydrates





# Carbohydrates

## Grains/Starch

Starchy Vegetables

Celeriac

Parsnips

Sweet potatoes

Turnips

White potatoes

Yams

Buckwheat

Rolled oats

Rice (brown, red, black and white)

Oat bran

Quinoa

Bulgur Wheat

## Legumes

Chickpeas

Lentils

Borlotti beans

Butter beans

Black beans

Green beans

Peas

# Vegetables



# Vegetables

## Salad/Veg

Artichoke

Asparagus

Aubergine

Broccoli

Brussels sprouts

Butternut squash

Cabbage

Carrots

Cauliflower

Celeriac

Celery

Parsnips

Courgette

Peppers

Cucumber

Radish

Kale

Red onions

Lettuce

Rocket

Leeks

Spinach

Mushrooms

Swiss chard

Watercress

White onions

# Fruits

## Low Sugar Fruits

Avocados

Berries

Grapefruit

Kiwi

Lemons/Limes

Tomatoes (passata and puree)

\*Favour low sugar fruits;

## Higher Sugar

Apple

Bannana

Dates

Pears

Pineapples

Watermelon



# Condiments

## Sauces/Dips

Apple cider vinegar

Balsamic vinegar

Cocoa powder

Raw honey

Coconut palm sugar

Stevia drops

Tamari sauce (gluten free soya)

Wholegrain mustard

Xylitol powder



# Condiments

## Herbs and Spices

Chilli powder

Curry powder (mild or hot)

Ground cumin

Cinnamon

Garlic (fresh and powder)

Ginger (root and powder)

Harissa spice mix

Mixed herbs Paprika (sweet and smoked)

Ras el Hanout spice mix

Zaatar spice mix



# Miscellaneous

## Food

Protein powders

Dark chocolate

Arrowroot (to thicken casseroles)

Tapioca flour (to thicken casseroles)

Gluten free flour

Butter

Cheese

Double cream or sour cream

Crème fraiche

Natural or Greek yoghurt



# Miscellaneous

## Drinks

Black coffee

Coconut water

Mineral/filtered water

Green tea

Black tea

White leaf tea

Herbal teas

Kombucha

Water kefir

Unsweetened nut milk

Full fat milk dairy





# Notes

This pantry is not an exhaustive list, but simply a guide to help you see how much flexibility there is to enjoy the foods that you like and get excited about making fresh foods!

## Focus on

- 1 - Fresh tastes
- 2 - Variety on your plate
- 3 - Your appetite and portions
- 4 - Eating with your friends and family

