

# stocking your paleo kitchen...

When buying pantry items, look for organic products in BPA-free cans or glass containers. This list isn't all-inclusive by any means, but it's a great place to start in turning your SAD kitchen into a Paleo powerhouse! You can find where to buy many of these items in the resource section on page 265.

## *Pantry:*

- almond flour (not meal)
- arrowroot starch
- baking powder
- baking soda
- cocoa powder
- coconut butter
- coconut flour
- coconut milk ( full fat with no carrageenan)
- coconut oil, virgin (tastes like coconut) and refined (doesn't taste like coconut)
- nuts and seeds
- olive oil
- parchment paper
- pure almond extract
- pure maple syrup
- pure vanilla extract
- raw honey
- tapioca starch
- tomatoes (diced, paste, sauce)
- tuna, salmon, crab, etc.
- vinegars (balsamic, coconut, raw apple cider, red wine, white wine)

## *Spice rack:*

- allspice
- basil
- bay leaves
- black peppercorns (buy a grinder)
- cardamom
- chili powder
- chipotle chili powder
- cinnamon
- coriander
- cumin
- dill
- granulated garlic
- granulated onion
- ground mustard
- Italian seasoning
- marjoram
- nutmeg
- oregano
- paprika
- rosemary (ground)
- sea salt (Celtic, pink Himalayan, Real Salt)
- smoked paprika
- thyme
- turmeric

## *Refrigerator:*

- coconut aminos
- duck fat
- farm-fresh eggs
- fermented foods (kraut, kimchee, etc.)
- fish sauce
- fish and seafood
- fruits
- ghee
- lard
- meats
- tallow
- vegetables

“One cannot think well, love well, sleep well, if one has not dined well.”

-VIRGINIA WOOLF,  
“A Room of One's Own”



*Make Ahead*  
**PALEO.**