

Clean Eating Pantry List

Sweeteners

- Raw honey
- Maple syrup (B or C grade)
- Coconut crystals
- Dates

Canned and Jarred Foods

- Natural peanut butter*
- Any nut butter*
- Natural jams or jellies
- Soy sauce
- Coconut milk
- Diced or whole tomatoes*
- Tomato sauce*
- Pasta sauce*
- Salsa*
- Hot sauce*
- Applesauce*

Oils

- Extra virgin olive oil
- Virgin coconut oil
- Sunflower oil
- Peanut oil

Vinegars

- Balsamic vinegar
- Brown rice vinegar
- Apple cider vinegar
- Plain vinegar

Spices

- Try to purchase organic spices and make your own mixes and blends to save money.

Flours

- Whole wheat flour
- Whole wheat pastry flour
- Almond flour
- Brown rice flour
- Oat flour
- Arrowroot

Whole Grains

- Brown rice
- Whole grain oats
- Steel cut oats
- Quinoa

Legumes

- Lentils
- Black beans
- Garbanzo beans
- Red kidney beans
- Navy beans
- Great northern beans
- Pinto beans
- Split peas

Dried Fruits & Nuts & Seeds

- Raisins
- (Unsweetened) Cranberries, blueberries, apricots, prunes, dates
- Peanuts, cashews, almonds, pecans or any nuts
- Sunflower, pumpkin or flax seeds
- Wheat Germ
- Chia seeds

* Read the label to make sure no sugar added