

PANTRY, FRIDGE & FREEZER ESSENTIALS

for balanced blood sugars & a
healthy metabolism



*Bailee
Hart*
NUTRITION

A well-stocked pantry, fridge and freezer is essential to building balanced meals for stable blood sugars and a healthy metabolism. Use this list as a starting point.

*Fresh produce, protein options can be purchased weekly as needed.

condiments & spices

- Natural Nut Butters
- Avocado Oil or Primal Kitchen Mayonnaise
- Mustard: Dijon, yellow
- Hot Sauce
- Coconut Aminos (soy-sauce alternative)
- Extra Virgin Olive Oil
- Coconut Oil
- Organic Canola or Avocado Oil (high-smoke point for baking)
- Tahini
- Vinegars (such as apple cider, balsamic, red wine)
- No Sugar Added Ketchup
- Spices: Garlic Powder, Onion Powder, Chili Powder, Smoked Paprika, Curry Powder, Red Chili Flakes, Oregano, Basil, Parsley, Bay Leaves, Ginger, Cinnamon
- Sea Salt & Cracked Black Pepper

baking supplies

- Natural sweeteners: honey, pure Lakanto maple syrup, coconut sugar, stevia, liquid stevia
- Almond flour, Whole Wheat Flour
- Basics: Vanilla Extract, Baking Soda, Baking Powder, Cacao Powder
- Dark Chocolate, coconut shavings, cacao nibs

fridge & freezer basics

- Milks: Almond Milk, Pea Protein Milk
- Dairy or Non-Dairy Alternatives: Butter, Sour Cream, Cream Cheese, Eggs, Cheeses, Yogurt, Cottage Cheese
- Frozen Non-Starchy & Starchy Veggies
- Frozen Berries & Bananas
- Frozen Poultry
- Frozen Seafood
- Frozen Cauliflower Gnocchi
- Frozen Zoodles & Cauliflower Rice
- Frozen Ezekiel Bread
- Folio Cheese Wraps

grains & dry goods

- Whole Grains: Quinoa, Barley, Brown Rice, Bulgar
- Whole Grain Pastas or Lentil-Based Pastas
- High Protein Pancake Mix (like Kodiak Cakes)
- Whole Grain or Low Carb Wraps
- Nuts & Seeds
- Chia Seeds
- Ground Flaxseed
- Whole Wheat Breadcrumbs or Panko
- High Fiber, Low Added Sugar Granolas
- Wasa Crackers
- Whole Rolled Oats
- Misc: Protein Powder, Collagen Peptides

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snack vibes

jarred & canned goods

- Beans & Legumes: black, red, kidney, pinto, garbanzo, chickpeas
- Nut or Coconut Milk
- Pasta Sauces, no sugar added
- Low Sodium Broths & Stocks
- Tuna Packets or Cans
- Salmon Packets or Cans
- Canned Pumpkin
- Low Sodium Canned Veggies
- Crushed Canned Tomatoes & Tomato Paste
- Olives
- Pickles

- Salsas
- Guacamole
- Hummus
- Flax Crackers: Mary's Gone Crackers, Jilz Crackers, Simple Mills
- Individual Packs
- Squeeze Nut Butter
- High Fiber Bars like Kind Bars
- Savory Bars like Epic Bars
- Beef and Turkey Jerky
- Seaweed Packs
- Roasted Chickpeas
- Roasted Edamame
- Pacific Foods Chicken Bone Broth 8 oz Cartons
- Premiere Protein Shakes or Similar

