

A LOOK INTO OUR KITCHEN



These are the staple items we have on hand at all times!

In the Refrigerator

Probiotics
Vitamin D
Vitamin B12
Digestive enzymes
Homemade almond and or hemp milk
Dijon mustard
Sriracha
Coconut flour
Pizza sauce
Hot sauce
Curry paste
Tahini
Reduced sodium Tamari
Almond butter
Peanut butter
Sunflower butter
Flax seed meal
Chia seeds
Aloe Vera Juice
Lemons
Oranges
Apples
Chickpea miso
Celery
Cucumbers
Cilantro
Parsley
Turmeric
Ginger
Kale
Chard
Lettuce

In the Freezer

Brown Rice protein (vanilla or chocolate flavor)
Hemp protein
Multiple bags of frozen organic berries
Nutritional yeast
Hemp seeds
Coconut flakes
Gluten-free rolled oats
Arrowroot powder
Raw almonds
Raw walnuts
Raw Pumpkin seeds
Raw sunflower seeds
Raw sesame Seeds
Almond meal
Garbanzo bean flour

In the Pantry

Dried dates
Nori rolls
Brown rice wrappers
Brown rice flour
Dried beans
Brown rice
Quinoa
Wasabi powder
Olive oil or avocado oil
White wine vinegar
Coconut oil
Balsamic vinegar
Toasted sesame oil
Rice vinegar
Ume plum vinegar
Vegan Worcestershire sauce

Pantry Continued...

Celtic sea salt
Himalayan sea salt
Maple syrup
Molasses
Honey
Coconut sugar
Apple cider vinegar

In the Spice Drawer

Whole Leaf Liquid Stevia
Vanilla extract
Basil
Pumpkin pie spice
Curry powder
Red pepper flakes
Cayenne pepper
Cloves
Onion powder
Kelp flakes
Paprika
Turmeric
Cumin
Oregano
Coriander
Mexican seasoning
Turmeric
Cream of tartar
Pepper corns
Dill weed
Mustard seed
Ground ginger
Nutmeg
Almond flavoring
Rosemary
Poppy seeds
Tarragon
Garlic powder

Caraway seeds
Thai seasoning
Liquid smoke

On the counter

Local Spring Water
Avocados
Garlic