

Pantry Essentials

These are pantry items you'll be using over the next few weeks. You don't need to purchase all of them now, you can stock up week-by-week. Take inventory of what you already have though now so you don't double up.

For these kinds of items I love ordering on [Thrive Market](#). Most everything is 50 cents to up to \$10 cheaper than at the grocery store. And they ship straight to your door. [Check it out here](#) and save 25% on your first order.

Oils

- [extra-virgin olive oil](#)
- [virgin unrefined coconut oil](#)
- [avocado oil](#)
- [sesame oil](#)

Flavorings

- [sea salt](#)
- [black pepper](#) (refill)
- [apple cider vinegar](#)
- [dijon mustard](#)
- [garlic powder](#) (refill)
- [Italian seasoning](#) (refill)
- [chili powder](#) (refill)
- [curry powder](#) (refill)
- [garam masala](#)
- [turmeric](#)
- [ground ginger](#) (refill)
- [cumin](#) (refill)
- [red pepper flakes](#) (refill)

Dry Staples

- [walnuts](#)
- [raisins](#)
- [pasta](#) (For gluten free look for [brown rice](#), [lentil](#), [chickpea](#) or [quinoa](#))
- [tomato pasta sauce](#) (look for minimal ingredients, no sugar or additives)
- [brown rice](#)
- [quinoa](#)
- [lentils](#)
- [black beans](#) ([dry](#) or [canned](#))
- [garbanzo beans](#) (aka. chickpeas) ([dry](#) or [canned](#))
- [honey](#)