

Inspired Housewife

DIY Cleaner, Gluten-Free Cook, and Fit Mommy

Healthy Pantry Clean Eating Printable

Nuts and Seeds - Nuts and seeds are full of energy, protein, packed with vitamins, minerals, antioxidants, and omega-3 fatty acids. I love nuts because they are crunchy, can be creamy and are a great snack. You don't have to have all of these in your pantry, but pick a few and you will be good.

Peanuts
Walnuts
Cashews
Almonds
Sunflower Seeds
Pumpkin Seeds
Tahini (ground sesame paste)
Flax Seeds
Chia seeds
Natural Peanut Butter
Almond Butter
Coconut Butter

Beans and Legumes - The More You Eat The More You Toot :) - When it comes to beans whether they are dried or canned they are a great source of fiber, low in fat, contain no cholesterol, and are high in folate, potassium, iron, and magnesium. Be careful if you use canned as they can contain sugar and lots of salt. Always read your labels!!

Garbanzo Beans - aka chickpeas
Black Beans
Lentils (French, Green, and Red varieties)
Kidney Beans
Pinto Beans
White Beans
Mung Beans
Navy Beans

Let's Not Forget About Grains!

Quinoa
Oats (we have steel cut gluten free oats)
Barley
Kumut
Millet
Corn Meal
Amaranth
Brown Rice
Buckwheat

Dried Fruits - I love to keep some dried fruit on hand to mix in with my energy balls and even oatmeal or cookies. You do have to be careful as dried fruit while healthy is only good in small amounts.

Cranberries
Raisins
Blueberries
Mejool Dates

Baking Flours - I love to use all types of baking flours, but here are a few I have on hand.

Almond Flour
Coconut Flour
Gluten Free All Purpose Flour
Brown Rice Flour
Oat Flour

Condiments

Organic Ketchup
Stone Ground Mustard
Rice Vinegar
Red Wine Vinegar
Balsamic Vinegar
Apple Cider Vinegar
Dijon Mustard

Healthy Oils and Fats - These can help add a lot of flavor to your foods, but also depending on the oil add a lot of value to your health.

Cold Pressed - Extra Virgin Olive Oil
Coconut oil
Real Butter
Avocado oil

Ghee
Grape Seed oil

Sweeteners - Do you have a sweet tooth like me? There are several if you used in moderation that are considered clean eating and healthy.

Pure Maple Syrup - One of my favorites!
Raw Honey
Stevia, liquid form
Brown Rice Syrup

Diary - We stopped drinking cow's milk a few years ago and have found so many great replacements. Be careful to read ingredients and get the unsweetened as the sweetened is full of sugar.

Almond Milk
Coconut Milk
Cashew Milk
Rice Milk
Hemp Milk

Ready to Bake? When it comes to baking essentials here is what I keep on hand.

Aluminum Free Baking Powder
Baking Soda
Unsweetened Cocoa Powder
Pure Vanilla Extract