



Curry Girls Kitchen

# ULTIMATE PANTRY





# THE ULTIMATE *gluten free* PANTRY

Included in the Ultimate Pantry are the staple food items to keep on hand for everyday cooking. They will provide a base for any meal at any time.

Here is an abbreviated Ultimate Pantry.

## SEASONAL FRESH PRODUCE

(REFRIGERATED AND UNREFRIGERATED)

- Staples: Onions, (yellow, red and white) garlic, leek, green onions, shallots
- Mushrooms: shiitake, cremini, Maitake, oyster, king oyster
- Vegetables: choose colorful and a variety of vegetables for nutritional benefit.
  - celery, carrots, cucumber, fennel, leafy greens, lettuces, radish, green beans, butternut squash, peppers, cauliflower, sunchokes, broccoli, beets, zucchini

## REFRIGERATED FOODS

- Eggs: Organic, pasture raised, Animal Welfare Approved seal or Certified Humane.
- Tortillas: Siete coconut almond chia, *Rudi's Spinach* or *Fiesta, Follow Your Heart*
- Hummus: *Majestic Sprouted Hummus, Cedar's*, fresh salsa
- Spreads: *Vegenaise* (Mayo alternative), *Majestic Garlic*, pesto
- Alternative cheeses: *Kite Hill, Follow Your Heart, Daiya*
- Butters: *Organic Valley* pasture cultured, *Meyerberg* goat butter, unsalted for baking, *Ghee, Melt* (alternative soy free), *Miyoko's* (coconut butter)
- Dressing/Marinades: *Tessemae's, Toby's Ranch, Primal Kitchen*
- Fermented foods: Sauerkraut, Kimchee, pickled beets

# DRY GOODS PANTRY

- Oils: ghee, unrefined coconut, cold pressed unrefined olive oil, sesame, avocado,
- Condiments: *Gayle's* BBQ Sauce, *Annie's*, *Organicville*, *Sky Valley* ketchup, Dijon mustard, sweet or dill pickle relish, teriyaki, sriracha, Worcestershire, balsamic vinegar, wheat free tamari
- Pastas: *Jovial* GF, *Tinkyneda* brown rice, *Explore Asia* bean, lentil or rice noodles
- Canned milk: coconut milk, sweetened condensed milk or evaporated milk
- Baking Flour and mixes: *Pamela's Baking Mix*, *Cup 4 Cup*, *Jovial's*
- Nut Meals: *Bob's Red Mill* hazelnut meal, almond meal
- Sweeteners: raw sage honey, unsweetened applesauce, dates, bananas, coconut nectar, coconut sugar, 100% pure maple syrup, cane + brown sugar, brown rice syrup
- Raw unsalted unroasted seeds: chia, flax, hemp hearts, sunflower, pumpkin
- Grains: brown, jasmine, basmati, black, pink, wild, quinoa, buckwheat, millet
- Bread: *Canyon Bakery* multigrain, *Rudi's* Whole grain, *Udi's* English muffins + bagels, *Rye Style*, *Happy Campers*, *Bread Srsly*, *Cooks*
- Cereal and granola: *Steve's Paleo*, *Purely Elizabeth*, *WildWay*, *Mamma Chia*, *Nature Path*, *Bob's* creamy hot cereal, quinoa flakes, gluten free oats
- Canned, jarred, tetra packed products
  - Broths/Stocks: *Imagine* or *Pacific* chicken, beef, vegetable, *Imagine's* "NO Chicken Broth"
  - Olives, capers, artichokes (water packed)
  - Fish: *Tuna-Rain Coast Trading* wild caught sardines in spring water, wild salmon
  - Pasta and Pizza sauces: *Amy's*, *Organicville*, *Rao's*, *Jovial*
  - Soups and Chili: *Amy's*, *Imagine's*, *Pacific* (read labels)
  - Tomatoes: crushed, tomato paste, diced, sauce
  - Beans and Legumes: pinto, black-eyed peas, black, lentils

# FROZEN

- Chicken tenders: *Applegate Farms, Bell and Evan's, GF Shelton's*
- Pizza: *Amy's GF Pizza, Udi's Pizza crust, Cappello's, Caulipower*
- Dairy Free Ice Cream: *Nada Moo, Bliss, So Delicious*
- Burgers: Organic veggie *Hilary Burger, Sunshine Burgers* made with sunflower seeds, *Amy's Bistro Burger, Beyond Meat*
- French/Baguettes/Rolls: *Against the Grain* or *Udi's, Bread Srsly*

# BEVERAGES

- Alternative Milk: *Tempt* hempseed milk, *Pacific* hazelnut milk, *New Barn* almond milk, *So Delicious* coconut milk, *Malk* cashew and pecan milk (carrageenan free), *Milkadamia*
- *Rebel* smoothies (refrigerated)
- Teas: *Organic India Tulsi* tea, original, cinnamon rose, Matcha Chai, Green Sencha or Jasmine
- Fairtrade coffee, *Allegro*. Alternative: *Teecino Dandelion Caramel Nut*
- Water, coconut water and sparkling waters with no added sugars: *Arrowhead* Sparkling Berry, Sparkling Citrus or Raspberry Lemon water.

# SNACK

- Crunchy salty snacks & chips: *Siete, Beanfields, Lundberg, Late July, Forager, Real Food From the Ground Up Snacks, Quinn' Snacks* pretzels, *Hippeas, Bearitos, Crunchitos*, BBQ and blue corn chips and veggie puffs.
- Seaweed snacks: *GimMe, Sea Snaxs*
- Crackers: *Jilz Crackerz, Simple Mills, Mary Gone Crackers*
- Bars: *Elemental Superfood Bar, Clif Bar, Kind, Rx Bar, Ohi, Goodness Knows*