



## Pantry Shopping List

This is a time saver list to post in your kitchen and/or on your electronic devices.

Checkmark as soon as you're getting low .. and you will not have to run to the grocery store in the middle of a recipe!

This list is for ingredients needed for recipes included in your 10-Minute Meals online course.

And it is also for ingredients that are shelf stable. If nuts and seeds are not consumed within three months, it is best to keep them refrigerated.

I recommend using organic ingredients.

Take note of the brand name - taste varies depending on the brand.

I'm in the process of building a suppliers' list and I would appreciate letting me know who you recommend in your part of the world. Please send me an email with the website link and I'll get in touch with them or better yet, please introduce me to your trusted suppliers.

Here we go .. you most likely have quite a few of those already!

### **NUTS**

Almonds, raw & sprouted

Brazil Nuts, raw & activated

Cashews, raw & ideally whole, pieces are ok

Hazelnuts, raw & activated

Macadamia, raw

Pecans, raw & activated

Walnuts, raw & sprouted

### **DRIED FRUITS**

Cranberries

Currants

Goji

Inca Golden Berries

Mango

Mulberries  
Raisins  
Medjool Dates  
Shredded Coconut  
Tomatoes, sundried diced

### **SEEDS**

Buckwheat, raw & sprouted  
Chia  
Flax, Golden  
Styrian Pumpkin Seeds, raw & activated  
Quinoa, raw & sprouted  
Flax, Golden  
Sunflower Seeds, raw & sprouted

### **HERBS & SPICES**

Basil  
Cayenne  
Celery seeds  
Cinnamon  
Cumin  
Curry powder  
Dill  
Dulse flakes  
Garlic Powder  
Ginger Powder  
Kelp flakes or powder  
Himalayan Salt or Sea Salt  
Marjoram  
Nutmeg  
Onion Powder  
Oregano  
Peppercorn  
Rosemary  
Sage  
Tahini, raw  
Tarragon  
Thyme

### **MISCELLANEOUS**

Baking Powder  
Baking Soda  
Cacao Powder & raw  
Coconut Butter  
Coconut Cream  
Coconut Oil, virgin & cold-pressed  
Ginger, candied  
Hemp Hearts or Seeds  
Lemon Essential Oil Doterra  
Lucuma Powder

Maple Syrup  
Mesquite Powder  
Olive Oil Cold-Pressed Extra Virgin  
Quinoa Flakes  
Tahini, raw  
Tamari  
Vanilla Powder

Love Food that Loves You Back ❤️



**Chef Agathe**

Living Cuisine Chef

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