

Pantry Essentials

Dry Essentials:

Whole wheat flour
Unbleached, all purpose, white flour
Brown rice
Rolled oats
Pearl barley
Amaranth
Farro
Quinoa
Whole wheat pasta
Almonds, pecans, peanuts
Dried fruit (apricots, cherries, prunes, figs, raisins)
Canned whole tomatoes
Olive oil
Rice vinegar, red wine vinegar, apple cider vinegar
Soy sauce
Dijon mustard
Honey
Kosher salt
Whole or ground black pepper
Dried beans (lentils, chickpeas, pintos)

Fresh Essentials:

Onions, Spanish or yellow
Garlic
Carrots
Celery
Parsley, flat leaf or curly
Lemons



Other Fresh Options:

Shallots
Ginger root
Green onions/scallions
Chicken stock
Vegetable stock
Leeks
Parsnips
Fresh herbs (chives, tarragon, thyme, rosemary, chervil, cilantro, sage)

Other Dry Options:

Wheat berries
Bulgur wheat
Brown basmati rice
Wild rice
Corn meal
Steel cut oats
Kasha
Soba noodles
Cashews, hazelnuts, walnuts, pistachios, pine nuts, macadamia nuts
Sesame seeds, pumpkin seeds, poppy seeds

Peanut butter, natural
Tomato paste or puree
Maple syrup
Pomegranate molasses
Fish sauce
Sesame oil
Nut oils (walnut, roasted peanut)
Sea salt
Whole or ground white pepper
Ground ginger
Dry mustard, ground
Whole or ground cumin seed, coriander, fennel seed
Whole or ground nutmeg
Cinnamon stick or ground
Chili powder
Curry powder
Dried basil
Dried rosemary
Dried thyme
Dried oregano
Bay leaves

Milk Alternatives:

Soy, rice, almond, flax, oat, hazelnut milk



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