

Simplified Pantry List

Basic Fruit	Favorite Fruit	Frozen Fruit	Fresh Vegetables	Dried Fruit	Raw Nuts and Seeds	Spices	Pantry
Apples	Blueberries	Frozen blueberries	Alfalfa sprouts	Dates	Almonds	Allspice	Agave nectar or honey
Bananas	Cantaloupe	Frozen raspberries	Avocado	Mulberries	Cashews	Cayenne pepper	Almond extract
Lemons	Cherries	Frozen strawberries	Basil and/or cilantro	Raisins	Chia seeds	Chili powder	Apple cider vinegar
Oranges	Grapes		Beets		Flax seeds	Cinnamon	Cacao (cocoa powder)
	Kiwi		Bell peppers		Pecans	Curry powder	Coconut - dry, unsweetened and shredded
	Pear		Broccoli		Poppy seeds	Dill	Coconut oil
	Pineapple		Carrots		Pumpkin seeds	Onion powder	Dried quinoa
	Raspberries		Celery		Sesame seeds	Sea salt	Dulse seaweed
	Strawberries		Corn		Sunflower seeds	Thyme	Extra virgin olive oil
	Etc.		Cucumber		Walnuts	Turmeric	Kelp noodles
			Garlic				Nori (seaweed sheets)
			Ginger				Nutritional yeast
			Red Onion				Soy sauce or nama shoyu
			Spinach				Steel cut oats

			Tomatoes			Sun dried tomatoes
			White onion			Vanilla beans or pure vanilla extract
			Zucchini			

Copyright 2009-2015 The Rawtarian (www.therawtarian.com). All Rights Reserved.