



PANTRY STAPLES

FLOURS & BAKING

- Coconut Flour (GF)** – Available in most major supermarkets and in health food stores. Use coconut flour in smaller quantities than regular flour or look for coconut flour recipes specifically.
- Spelt Flour** – Spelt contains less gluten than regular wheat flour but is not gluten free. Available in most major supermarkets.
- Wholemeal Flour** – Wholemeal flour is the least processed of wheat based flours retaining 100% of the wheat grain & nutrients. Widely available in major supermarkets.
- Rice Flour (GF)** – Rice flour makes a great alternative to traditional flours without imparting a strong flavour. Small quantities available in supermarkets or larger quantities additive free brands available in health food stores.
- Almond Meal (GF)** – Almond meal is a nutrient dense flour that makes for a great crumb coating, biscuit, or other baked goods base. Readily available in most supermarkets or health food stores.
- Besan / Chickpea Flour (GF)** – A subtle flavoured flour that makes an excellent alternative to traditional flours. Available in some supermarkets or widely in health food stores.
- Sorghum Flour (GF)** – Sorghum flour makes an excellent alternative to traditional flours with lots of health benefits. Available in most good health food stores.
- Banana Flour (GF)** – Dried and ground bananas for an excellent gluten free flour choice. Like coconut flour, banana flour requires less quantity or specific recipes. Available in some health food stores or more reliably online.
- Shredded / Desiccated Coconut** – Available in major supermarkets, be wary of additives in supermarket versions or seek additive-free in organic versions or in good health food stores.
- Bi-Carb Powder** – A leavening agent that helps batters rise in baking. Requires an acidic ingredient in mixtures to work effectively. Available in all major supermarkets.

- Baking Powder** – A leavening mixture that helps batters and doughs rise in baking. Available in all major supermarkets.
- Vanilla Extract** – A common, sweet aromatic flavour used in baking. Available in major supermarkets.
- Cocoa** – A chocolate flavoured addition for baked goods. Available in all major supermarkets.
- Cacao** – Unprocessed and cold pressed cocoa. Use in lower quantities than cocoa. Available in some major supermarkets or more reliably in health food stores.
- Carob** – A cocoa alternative. Available in all good health food stores.
- Tapioca / Arrowroot** – A healthier alternative to corn flour and other starches. Perfect for thickening or lightening nut based flour recipes. Available in all good health food stores.
- Colours / Sprinkles / Decorations** – “Hoppers” – Additive and preservative free varieties or colours, sprinkles, and decorations available at good health food stores or in specialty online stores.

GRAINS

- Brown Rice** – Widely available in major supermarkets.
- White Rice** – Widely available in major supermarkets.
- Wild Rice** – A rice variety that makes a great addition to stews and casseroles. Some varieties available in supermarkets and more reliably in health food stores.
- Quinoa** – A gluten free grain-like seed that can be used in place of traditional rice dishes or in a large variety of dishes. Available in most major supermarkets or in good health food stores.

- Buckwheat** – A healthy gluten and grain free alternative for baking. Available in some major supermarkets or good health food stores.
- Oats** – A healthy base for breakfast porridge or in baked goods. Find many varieties in major supermarkets and uncontaminated varieties more reliably in health food stores.
- Rice Noodles** – A healthy substitute for wheat-based noodles and pasta. Seek out varieties with minimal ingredients. Available in the continental ingredient sections of major supermarkets.

NUTS & SEEDS

- Sesame Seeds** – A small and affordable seed that makes a great addition to salads, baking, and crumb coatings. Available in the herbs and spices section of major supermarkets or in larger quantities in health food stores.
- Sunflower Seeds** – A small and affordable seed that makes a great addition to baking and salads. Available from major supermarkets or in good health food stores.
- Pepitas / Pumpkin Seeds** – A small green or brown seed that makes a great addition to salads and casseroles, or can be ground as a gluten, grain, and nut free flour alternative. Available in most supermarkets or in good health food stores.
- Flaxseed / Linseed** – Flaxseed and linseed refer to the same seed. A great option for thickening smoothies and adding to baked goods. Available commonly in supermarkets or more reliably in health food stores.
- Almonds** – Widely available in major supermarkets. Organic and chemical-free varieties more reliably available in health food stores.
- Cashews** – Widely available in major supermarkets. Organic and spray-free varieties more reliably available in health food stores.
- Macadamias** – Widely available in major supermarkets. Organic and spray-free varieties more reliably available in health food stores.

- Chia Seed** – Available in black and white colours, chia makes an excellent egg replacer and addition to salads and casseroles, amongst other dishes. Available in most major supermarkets and in good health food stores.
- Popcorn Kernels** – An easy and affordable snack to put together at home. Available at major supermarkets.
- Hazelnuts** – An excellent ingredient for making your own nutella and as a base for slices. Available in all good health food stores.
- Brazil Nuts** – An excellent snack or ingredient for a nut spread. Available in all good health food stores.
- Pine Nuts** – Add to salads to boost nutrition and flavour. Available in major supermarkets.

CANNED / JARRED FOODS

- Red Kidney Beans** – Widely available in major supermarkets.
- Lentils** – Widely available in major supermarkets.
- Cannellini Beans** – Widely available in major supermarkets.
- Navy Beans** – Widely available in major supermarkets.
- Chickpeas** – Widely available in major supermarkets.
- Coconut Cream** – An excellent replacement for dairy. Widely available from major supermarkets.
- Canned Fish** – Widely available from major supermarkets.
- Diced Tomatoes** – Widely available from major supermarkets.

Tomato Passata – Widely available from major supermarkets.

Tomato Paste – Widely available from major supermarkets.

SWEETENERS

Raw Honey – Raw honey that has been collected and stored without the use of heating and treating keeping nutrients intact. Reliably available from farmers markets and good health food stores.

Maple Syrup – Seek out genuine Maple syrup and be wary of synthetic varieties. Available in major supermarkets or in health food stores.

Coconut Sugar – A low GI sugar alternative made from the sap of coconut trees. Available in most major supermarkets or from all good health food stores.

Rapadura / Panela – A sugar cane based sweetener popular in baking. Available in some major supermarkets or more reliably in health food stores.

Rice Malt Syrup – A sweetener derived from brown rice. Available in some major supermarkets or more reliably in health food stores.

LIQUIDS, SAUCES, & SPREADS

Coconut Aminos Sauce – A soy free alternative made from coconut blossom. Available reliably in good health food stores or online.

Wheat Free Tamari – Minimal or gluten free soy sauce. Available in most major supermarkets or good health food stores.

Fish Sauce – Seek minimal or sugar free varieties from continental & health food stores or online.

- Almond and Nut Butters** – Ground nuts make for a great dip or peanut butter alternative, seek out nut only ingredients. Available in most major supermarkets or in health food stores.
- Peanut Butter** – Seek out peanut butter varieties with minimal excess ingredients. Available in major supermarkets.
- Tahini** – Ground sesame seeds with flavour and texture like nut butters. Available in most major supermarkets and health food stores.
- Apple Cider Vinegar** – A great base for dressings, sauce, and lots of other uses around the home. Widely available from major supermarkets.
- Balsamic Vinegar** – Widely available in major supermarkets.
- Worcestershire Sauce** – Gluten and additive free varieties available in good health food stores.

OILS & FATS

- Coconut Oil** – A healthy fat perfect for frying or using in place of butter or margarine. Look for cold pressed, virgin, and extra virgin on the label. Available in major supermarkets and health food stores.
- Olive Oil** – An excellent and healthy fat suitable for cold dressings and low heat cooking. Look for unrefined, cold pressed and extra virgin varieties. Available in major supermarkets.
- Ghee** – Clarified butter that has had impurities and milk solids removed. Available more reliably in health food stores.
- Sesame Oil** – An excellent healthy oil used in Asian cuisine. Available in major supermarkets.
- Macadamia Oil** – A healthy oil perfect for cold dressing and cooking. Available in major supermarkets and health food stores.

HERBS, SPICES, SALTS, & FLAVOURS

- Salts** – Celtic, Sea, Himalayan, and Murray River Salts that have had minimal processing and retain nutrients and minerals. Some varieties available in supermarkets and more reliably in good health food stores and online.
- Dulse Flakes** – A mineral rich seaweed that can be used in place of salt. Available in good health food stores or online.
- Black Pepper** – Widely available in major supermarkets.
- Dijon Mustard** – Widely available in major supermarkets.
- Yellow Mustard Seeds** – Widely available in major supermarkets.
- Liquid Smoke** – Seek out preservative and additive free varieties in health food, specialty, and butcher stores.
- Cinnamon**
- Cumin**
- Basil**
- Sage**
- Thyme**
- Oregano**
- Garam Masala**
- Cardamom**
- Bay Leaf**

- Cloves
- Coriander
- Paprika
- Nutmeg

DRIED FRUITS & BERRIES

- Sultanas, Raisins, and Currants** – Look for minimal extra ingredients and oils such as sunflower rather than canola. Available in major supermarkets or health food stores.
- Goji Berries** – Dried goji berries can be used in slices, home made granolas, or as a snack alone. Available in most supermarkets or more reliably in health food stores.
- Cranberries** – Seek out low or no added sugar. Available in major supermarkets and health food stores.
- Dates** – Look for low or no additives. Available in major supermarkets and health food stores.
- Apricots** – Seek low or no additives and apricots that are brown rather than orange in colour. Better quality varieties more reliably available in good health food stores.