



Healthy Pantry

Today's The Day Coaching & Hypnosis
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Healthy Freezer

Oils:
 X-Virgin Olive Oil
 Canola
 Coconut
 Grape Seed
 Walnut

Vinegars:
 Distilled White, Cider,
 Red-Wine, Balsamic,
 Rice. Unpasteurized
 Apple Cider Vinegar &
 flavor infused vinegars
 (garlic & red pepper)

Mustard:
 Dijon, yellow and dark
 with a grain if you like
 Honey Mustard*

Pesto
 Salsa
 Hot sauce
 Black pepper
 Vanilla pure flavoring
 Almond pure flavoring
 Dried Fruits
 Onions, potatoes, garlic,
 sweet potatoes
 Variety of Canned and
 Dry Beans *
 Canned tomatoes, sauce
 & paste in the tube
 Canned wild tuna &
 Salmon

Dried Herbs:
 Ground cumin, cayenne
 pepper, chili powder,
 crushed red pepper,
 rosemary, thyme, orega-
 no, Italian seasoning
 blend, tarragon, ground
 cinnamon, ground gin-
 ger. Recipe specific*

Tortillas Whole wheat,
 corn.
 Pretzels*
 Baked chips and baked
 crackers*
 Old fashioned oats
 Instant oats*
 Natural peanut and al-
 mond butter.
 Brown rice & lentils
 Bulgur
 Whole wheat pasta
 Chick peas
 Couscous
 Quinoa
 Applesauce*
 Organic chicken broth*
 Cream soups*
 Spaghetti sauce*
 Baking powder, soda,
 Natural Brown Sugar,
 Corn meal, flaxseed
 meal, whole wheat
 flours

Personal recipe items

Frozen Fruits
 Frozen Vegetables
 Edamame, Broccoli, corn, bell peppers, onion, peas,
 spinach
 Squash

Ice Cream, yogurt or sorbet*
 Frozen ravioli, or tortellini
 Meats: seafood, bacon*
 Lean beef: flank steak, ground beef, sausage, port
 chops, roasts, turkey breast, chicken breasts.

Personal recipe items

Healthy Refrigerator



Dairy: milk* Cottage Cheese* Yogurt* Sour Cream* Butter* Parmesan Cheese & other hard cheeses
 in block form, Goat & Farmer Cheese, Low Fat other's as favorite. Firm Tofu*
 Grated or peeled garlic
 Fruits & Vegetables* Hearts of Romaine, Salad mix, Broccoli, asparagus, green beans & greens, pep-
 pers (red, yellow, green, orange)* carrots & celery
 Eggs, egg whites, and egg beaters
 Mustard, catsup, BQ sauce, Mayo, soy sauce, pesto, humus
 Apples, pears, kiwi, oranges, grapefruit, grapes
 IN SEASON ITEMS:
 Personal Recipe items: