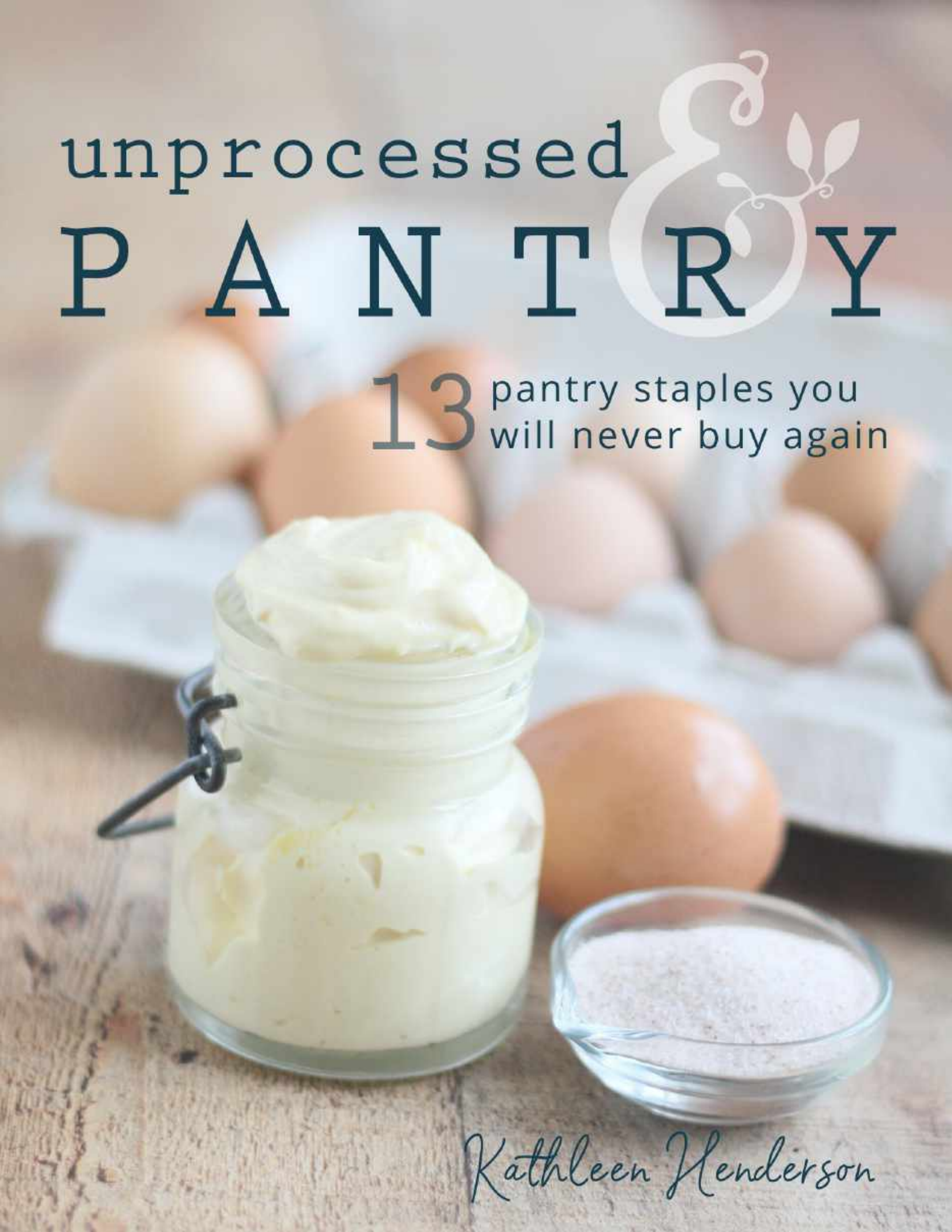

unprocessed
PANTRY
13 pantry staples you will never buy again
Kathleen Henderson



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BONE BROTH

Homemade bone broth is one of the most nourishing foods you can eat. Drink it straight, use it for soups, and add it to leftovers for reheating.

INGREDIENTS

- Chicken carcass (bones, skins, fat, etc. of at least one whole chicken)
- Apple Cider Vinegar
- Cold water
- 1-2 whole carrots
- 2-3 celery stalks
- 1 onion
- fresh parsley
- black peppercorns
- unrefined sea salt

Kathleen's Tip...

If you want to take bone broth to a new level, toss a few chicken feet into your broth pot. They are are a great source of gelatin and important nutrients!

TOOLS

- Large crockpot
- Fine-mesh strainer
- Ladle
- Wide-mouth funnel
- Large Pyrex measuring cup (4 or 8 cup)
- Jars or containers–I recycle glass jars for this

INSTRUCTIONS

1. (Start by cooking and eating a whole chicken.)
2. Place leftover bones, skin, fat and any little pieces of meat still on the bones into a large crockpot. Add chicken feet if possible.
3. Add about 2 TB ACV.
4. Cover with cold water.
5. Allow bones, vinegar and water to rest at room temperature for about one hour.
6. Add vegetables. (Celery, onion & carrots work well. You can use fresh, if you've got it on hand. Frozen bags of mirepoix are great in a pinch.)
7. Cook 12-48 hours on low.
8. If possible, turn off the crock pot and add fresh parsley and peppercorns for the last 30 minutes.
9. Next, remove the lid and allow the broth to cool for a while.
10. Strain broth into a large bowl or glass measuring cup, then funnel into jars.
11. Note: If you happen to be making soup, you can strain the broth directly into the soup pot.



HOMEMADE KETCHUP

Yield: 7-8 half pints

After going without ketchup for a long time because of the high fructose corn syrup found in most store-bought brands, my family is THRILLED with this homemade version. I try to keep it in stock at all times!

INGREDIENTS

- 8 pounds paste tomatoes, chopped
- 1 medium onion, diced
- 1 red bell pepper, diced with seeds removed
- 2 cups apple cider vinegar
- 1 cup pure maple syrup
- ¼ cup bottled lemon juice
- 1 TB unrefined sea salt
- 1 TB celery seeds
- ¼ tsp cayenne pepper
- 1 tsp whole cloves
- 1 tsp yellow mustard seeds
- 1 tsp whole allspice
- 1 cinnamon stick, crushed

INSTRUCTIONS

1. Prepare a boiling water canner, placing 8 half-pint jars inside.
2. Add tomatoes, onion, and bell peppers to a large, nonreactive pot.
3. Bring tomato mixture to a boil and cook until veggies are soft, about 30 minutes.
4. Position food mill over a large bowl. I like to use an 8-cup Pyrex measuring cup or another large pot.
5. Run tomato mixture through the food mill until only skins and seeds are left. Pour milled tomato mixture back into the large pot and return the pot to the stove.
6. Add vinegar, maple syrup, lemon juice, salt, celery seeds, and cayenne pepper to the pot.
7. Place the remaining spices in a spice bag, tea bag, or even a thin piece of cotton or cheesecloth and add to the pot.
8. Simmer tomato mixture over medium-low heat, stirring regularly.
9. When the mixture has thickened, and is reduced by about half, remove the spice bundle.
10. Spoon or funnel ketchup into hot jars, leaving ½ inch headspace.
11. Wipe the rims with a clean, wet cloth and add lids and rings.
12. Process in a boiling water bath for 10 minutes. *Don't have a canning pot? You can use any large cooking pot with a lid.*



HOMEMADE MAYO

Yield: ¾ cup
Store bought mayo is often loaded with unhealthy oils, sugar, and preservatives. Skip the premade varieties and make your own thick and delicious mayo!

INGREDIENTS

- 1 large pastured egg
- 2 tsp bottled lemon juice
- 1 tsp mustard (I use Dijon or spicy brown)
- ¼ tsp unrefined sea salt (can increase to ½ tsp if desired)
- ¾ c. macadamia nut oil (or avocado oil)

Kathleen's Tip...

I prefer the canister that came with my stick blender for blending homemade mayo. A 2-cup Pyrex measuring cup also works well when whisking by hand. If you have a small blender or food processor that allows you to drizzle in the oil while blending, that should work, too.

INSTRUCTIONS

1. Add the first 4 ingredients (everything except the oil) to an appropriate container.
2. Blend well.
3. Pour macadamia nut oil into a measuring cup with a handle and spout.
4. Do not rush this process! While continuing to blend constantly, begin drizzling the oil into the mixture.
5. Continue adding the oil in a slow and steady stream while continuing to blend the entire time.
6. Continue blending until all oil is added and the mayo is thick and creamy.
7. Use immediately or cover and refrigerate for about a week.



ALMOND BUTTER BREAD

Yield: 1 loaf
This quick and tasty almond butter bread makes a great option for grain-free toast or sandwiches.

INGREDIENTS

- 6 eggs
- 2 cups almond butter
- ¾ tsp unrefined sea salt
- 1 tsp baking soda
- 2 TB apple cider vinegar or lemon juice

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Line a 9x5-inch loaf pan with parchment paper to serve as handles for lifting out the finished loaf.
3. Combine first four ingredients in a food processor.
4. Process until smooth.
5. Add the vinegar or lemon juice and mix well.
6. Pour the batter into the loaf pan.
7. Bake for about 40-45 minutes, or until a knife or toothpick comes out clean.
8. Allow the bread to cool before slicing.
9. Store in the fridge or freezer.



HOMEMADE NUT CRACKERS

Yield: 24 crackers
Nutrient dense homemade crackers with wonderful flavor: savory, yet mild.
I always double this recipe.

INGREDIENTS

- 1 cup crispy sunflower seeds
- 1 cup crispy cashews
- ½ cup water
- ¼ cup coconut aminos
- 1 large green onion
- 1 large garlic clove

INSTRUCTIONS

1. Add all ingredients to a food processor and blend until well combined.
2. Line one dehydrator tray with parchment paper (or use Teflex).
3. Spread mixture to cover entire sheet. If the mixture is sticky and hard to spread, lay another piece of parchment paper on top and use a rolling pin to roll it out.
4. Dry at about 135° F.
5. Regardless of the temp, be sure to score the crackers after about an hour in the dehydrator. Set a timer! Use a knife or pizza cutter to score a grid. This will make it much easier to break into crackers at the end.
6. Dry until crackers are dry, crunchy, and cracker-like. Drying time can vary greatly. It all depends on the humidity leve
7. l in your home, the temperature of the dehydrator, the wetness of the cracker mixture, etc. Keep in mind that after you turn off the dehydrator, the crackers will crisp up a bit more as they cool.
8. Don't worry about drying them for too long. I've left crackers in the dehydrator for at least 24 hours. It's better to make sure they're completely dry and crunchy than to take them out too soon and end up with soft crackers.
9. Store in a dry, airtight container.

NOTE

A dehydrator works best for crackers, but you could also try baking them at your oven's lowest temperature. They'll bake much faster in the oven, so check frequently and remove when crispy.



OVEN BAKED GRANOLA

Yield: 4 cups
We love this paleo granola so much that I always quadruple the recipe to keep plenty on hand. It's perfect for breakfast, snacks, and eating on the go.

NOTES

- Plan to start this recipe two days before you plan to eat it.
  - Day 1 (evening): soak nuts overnight.
  - Day 2 (morning): drain nuts and spread on towel.
  - Day 2 (afternoon): prepare granola mixture and begin baking.
  - Day 2 (evening): remove granola from oven.
  - Day 3: eat!

Kathleen's Tip...

This recipe is easily doubled, tripled, or even quadrupled. Store your extra granola in mason jars with these flip lids that I love.

- I keep a good supply of soaked and dehydrated nuts on hand, and sometimes use those "crispy nuts" to make granola, which means I can skip the 24 hour soak.
- *I find that sunflower seeds respond best to a shorter soak period of around 6-8 hours. Soak them separately or add them later to the soaking nuts.
- More honey can be added according to your preference. I try to limit our intake of sweeteners, and ½ cup honey is the least amount I can get away with in this recipe. Any less, and the granola won't hold together.
- For large batches, pulse nuts in the food processor and add to a huge bowl until all nuts have been processed. Add all remaining ingredients to the large bowl and stir well, then spread on parchment lined baking sheets.

INGREDIENTS

Pre-Soak

- 1 c. raw almonds
- 1 c. raw walnuts
- ½ c. raw pecans
- ½ c. raw cashews
- ¼ c. raw sunflower seeds*
- 1 tsp unrefined sea salt

Then Add

- ¾ c. raw local honey
- 2 TB coconut oil, melted
- 1½ TB pure vanilla
- 1 TB cinnamon
- ½ c. shredded coconut (unsweetened)



OVEN BAKED GRANOLA

INSTRUCTIONS
Plan ahead: Start this process two days before you plan to eat this granola.
See notes above.

Pre-Soak
1. Place all nuts except sunflower seeds in a large bowl, cover with water by at least 1 inch, and stir in 1 tsp salt. Cover and soak for 12-24 hours.
2. Soak the sunflower seeds for 6-8 hours.
3. Drain the nuts and seeds. Spread out a large towel and place drained nuts on top to absorb any remaining water.

Mix the Granola
1. Set oven to the lowest temperature. For me, that's 170° F.
2. Line a large rimmed baking sheet with parchment paper.
3. When nuts are no longer drippy, transfer to a food processor and process until nuts are about the size of oats. Add remaining ingredients except shredded coconut and pulse until well combined.
4. Pour mixture into a large bowl and add shredded coconut. Stir well to combine.
5. Use a large spoon or spatula to spread mixture evenly on the parchment lined baking sheet.

Drying in the Oven
1. Place nuts in a 170 F oven and use a wooden spoon to keep the oven door cracked for 2-3 hours. This allows moisture to escape.
2. After about 3 hours, close the oven door and dry for another 3 hours.
3. Finally turn off the oven and allow the granola to cool and crisp with the door closed for another few hours up to overnight.
4. When granola is crispy, break into bars or chunks.
5. Store in an airtight container for up to 2 weeks.



HERBAL SEASONING SALT

Yield: 1¾ cup
Use this homemade herbal seasoning salt to add flavor to meat, salads, dressings, soups, sandwiches and even scrambled eggs.

INGREDIENTS

- 1 cup unrefined sea salt
- ½ cup dried parsley
- 2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon sage
- ½ teaspoon dill weed

Kathleen's Tip...

Fill a pretty jar with this herbal seasoning salt, add a cute label, and give it as a gift. Include a recipe (like my Whole Chicken in the crockpot,) or a list of ways to use it.

INSTRUCTIONS

1. Place all ingredients in a blender and blend well.
2. Store in a glass jar in a cool, dry place.



FAJITA SEASONING BLEND

Yield: about ¾ cup
This DIY blend is a key ingredient in my Shortcut Pork Carnitas, and also makes a tasty seasoning for homemade sweet potato fries.

INGREDIENTS

- ¼ c. chili powder
- 2 TB unrefined sea salt
- 2 TB paprika
- 1 TB onion powder
- 2 tsp garlic powder
- 1 tsp cayenne pepper
- 2 TB ground cumin

INSTRUCTIONS

1. Place all ingredients in a bowl and blend well.
2. Store in a glass jar in a cool, dry place.



ALMOND MILK

Yield: about 4 cups
Did you know that most store bought nut milks contain unhealthy ingredients (like synthetic vitamins, oils and sugar)? When you make almond milk yourself, the only ingredients are almonds, water and salt. Optionally, you can add vanilla and your sweetener of choice. It's that simple!

INGREDIENTS

- 1 cup crispy almonds*
- 4 cups water
- ⅛ tsp unrefined sea salt
- sweetener, to taste (1-2 pitted & soaked dates, honey, or vanilla stevia)
- optional: 1 vanilla bean or 1 tsp vanilla extract

Kathleen's Tip...

For smooth, perfect almond milk, you'll want to use a nut milk bag. But for smoothies and other recipes, a little almond pulp in the milk won't matter. That's why I prefer my easy method! I use a fine mesh strainer and a large spoon to press the pulp down and squeeze out all the milk.

INSTRUCTIONS

1. *When starting with raw almonds, you'll want to soak them for about 12 hours (overnight) in water with a bit of unrefined sea salt (about ⅛ tsp). Next, drain and rinse them a few times.
2. Place all ingredients in a high powered blender. (I use a Vitamix.)
3. Blend until smooth.
4. Strain. (See my tip, above.)
5. Store in a glass jar in the fridge for about a week.
6. Don't throw away the pulp! Toss it in smoothies, dry it to make almond flour, or use it in other recipes.



APPLESAUCE

Yield: 9 pints
This no-sugar home-canned (or frozen) applesauce is thick, delicious, and filling. It doesn't even compare to the thin, runny stuff from the grocery store. And guess what: the only ingredient is apples! Bonus points if you use locally sourced and sustainably grown apples.

INGREDIENTS

- 15-16 pounds apples (for 9 pints, which is the max load for a 21.5 quart canning pot)
- For a max canner load of 7 quarts, aim for about 25 pounds of apples

Kathleen's Tip...

In step four, you can skip the food mill and blend the softened apples (skins and all) in a high speed blender like a Vitamix. The blended sauce will be very hot and you can pour it right into your hot jars for canning.

INSTRUCTIONS

1. Core and chop apples into chunks. The smaller the chunks, the quicker they'll soften.
2. Add apples to one or two large, heavy bottomed pots, along with 1 cup water in each pot to prevent scorching. Cook over medium heat until apples begin to soften, stirring often.
3. While apples cook, prepare canning or freezing supplies.
4. Transfer apples to a food mill and process in batches. When all apples have been processed and skins removed, return sauce to the stove top and heat thoroughly.
5. To can: When applesauce is hot, begin the canning process. Pour sauce into clean, hot jars and process for 20 minutes.
6. To freeze: pour sauce into freezer safe containers and chill, then freeze.



COCONUT WHIPPED CREAM

Yield: about ½ cup
Coconut whipped cream is the perfect dairy-free topping for paleo pies, pudding, hot chocolate, and more.

INGREDIENTS

- 1 can chilled coconut milk (full fat)

Optional:

- 1 tsp pure vanilla
- 1 drop vanilla stevia or ½ tsp honey

Kathleen's Tip...

If your whipped cream seems grainy, just keep whipping. It will eventually become light and fluffy.

INSTRUCTIONS

1. Place a can of coconut milk in the fridge to chill for several hours or overnight.
   Tip: I like to keep a can of coconut milk in the fridge at all times, just in case!
2. Remove the solid coconut cream from the top of the can, placing it in a bowl. Save the leftover coconut water for smoothies.
3. Whisk the coconut cream several minutes until thickened and peaks form.
4. Optional: add 1 tsp vanilla and 1 drop vanilla stevia or ½ tsp honey (or to taste) and whisk to incorporate.
5. Serve immediately or store in an airtight container in the fridge.



HONEY SWEETENED STRAWBERRY JAM

Yield: 10-12 half pints
It just about gives me a heart attack to read most jam recipes, with gobs and gobs of sugar. This recipe uses honey instead, and natural pectin from apples. It can be frozen or canned.

INGREDIENTS

- 16 cups sliced strawberries (6 pounds)
- 4 cups shredded granny smith apples, with skins
- 1.5 TB lemon juice
- 1 cup honey

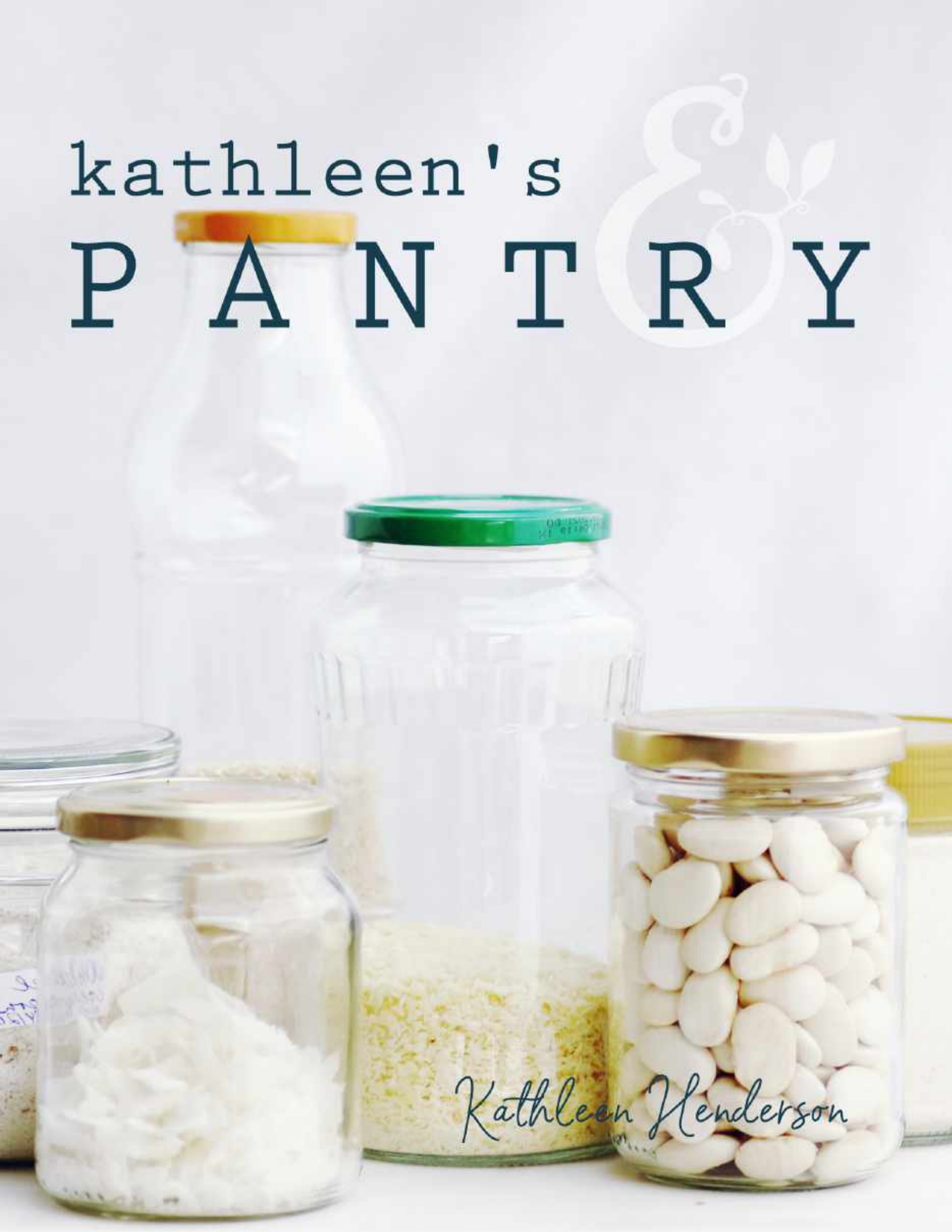
Kathleen's Tip. . .

Optional: after step four, mash berries with a potato masher or immersion blender. Or just leave them chunky and call them preserves.

INSTRUCTIONS

1. Core and shred the apples to get 4 cups.
2. Place berries, shredded apple, and lemon juice in a medium to large pot on the stove top. Bring to a boil, then reduce heat.
3. Stir in honey.
4. Simmer gently for 15-30 minutes, stirring and scraping the sides from time to time.
5. Continue to simmer for 15-30 minutes until mixture has thickened. This jam will not get as thick as jam made with purchased pectin.
6. To freeze jam: allow to cool completely, then ladle into freezer safe containers. Be sure to allow adequate head room.
7. To can jam: ladle hot jam into hot, sterilized jars, leaving ¼ inch head space. Add lids and process in a hot water bath canner for 10 minutes.

kathleen's PANTRY



Kathleen Henderson



KATHLEEN'S PANTRY

Here's the full scoop on my favorite items to keep on hand in the pantry, along with details about each one. It's all that I wish I'd known at the beginning of my own real-food journey. You'll find links to the exact items I often buy and explanations of why I choose the brands I do. Then be sure to print out the bonus Pantry Inventory List that I put together for you as well. Feel free to personalize that, adding in your own information, and use it to keep track of what's in your own pantry.

Almond flour
You want to look for flour that is blanched & finely ground. This is one option I tend to favor over others.

Almonds
When looking for almonds, you want to look for the words "raw" and "organic" on the package. My family's favorite brand is both raw and organic, in a handy 8-oz resealable bag.

Apple cider vinegar
It's important to purchase apple cider vinegar that has a mother, or a live culture in the bottle. The "mother" is essentially strands of friendly bacteria. It does give ACV a murky appearance, but it is also the source for the beneficial acids in your vinegar. This is my go-to brand of ACV.

Avocado oil
A high quality avocado oil is a healthy choice for cooking, especially for high heat. Refined avocado oil is best for high heat, while unrefined avocado oil works well with medium temperatures. Avocado oil is also perfect for cold or room temperature dishes. This is a good brand of refined avocado oil and I like this unrefined option.

Balsamic vinegar
True balsamic vinegar is aged for at least 12 years, from unfermented, cooked grape juice that has been reduced to a thick "must". It can be pricey and hard to find (like this brand). A decent alternative is I.G.P. vinegar aged 3-7 years from grapes similar to the Italian Modena grapes used in high quality balsamic. This brand fits the bill.



KATHLEEN'S PANTRY

Baking soda
Baking soda is baking soda. Nothing fancy needed!

Cacao powder
Look for raw, organic cacao powder, which is different from cocoa powder. Cacao powder is unrefined and carries greater health benefits. I like this brand and also this one.

Cashews
When looking for cashews, you want to look for the words “raw” and “organic” on the package. My family’s favorite brand is both raw and organic, in a handy 10-oz size.

Cassava flour
A recent addition to the gluten-free and paleo flour lineup, cassava flour is a fantastic pantry staple to keep on hand. This brand is my family’s favorite.

Coconut, shredded
Look for pure coconut, without sweeteners, whiteners, or preservatives. This is a great brand of shredded coconut.

Coconut aminos
Keep this healthy and tasty condiment handy in your kitchen and use it instead of soy sauce. This is the brand I use.

Coconut flour
This low carb, gluten-free “flour” is not actually a flour but the ground up meat of a coconut. It’s a must-have for anyone following a GF or Paleo diet. Look for a brand with only one ingredient on the label: “coconut flour”. I like this brand and also this one.



KATHLEEN'S PANTRY

Coconut milk
Look for full-fat coconut milk that is free from added sweeteners, preservatives, and isn't pasteurized. This is the brand I've used for years.

Coconut oil
It's important to choose virgin (or extra-virgin, though there's not much difference) coconut oil, which is unrefined. With a smoke point of around 350° F, coconut oil is a great choice for baking and sautéing. I love this brand.

Dark chocolate
I recommend choosing a fair trade brand with 85% or higher cocoa solids. This brand and also this one are favorites at my house.

Dates
Keep dates on hand to use as a natural sweetener for baking, in smoothies, and more. Both Deglet Noor and Medjools dates are fine, but Medjools are larger, softer and sweeter.

Fish sauce
Sweet, salty, and a little bit funky, fish sauce adds the perfect umami flavor kick to all sorts of dishes. This is the best brand.

Gelatin
Keep gelatin on hand for adding to smoothies and even to your coffee (or coffee substitute) and for making gummy treats, homemade marshmallows, and pies. It's very important to use grass fed gelatin, such as this brand.

Honey
Raw, local honey is my number one natural sweetener for baking, canning, and sometimes for cooking. In the absence of a local source, I recommend this brand.



KATHLEEN'S PANTRY

Lemon juice
With so many ways to use lemon juice, it's a good idea to keep a bottle in the fridge. My favorite brand is pure and organic. This is also a good brand.

Macadamia nut oil
This is my favorite oil to use in homemade mayonnaise, and it's also useful for other purposes. You'll find this brand in my pantry.

Maple syrup
Another great option for a natural sweetener, maple syrup is also handy for drizzling over homemade waffles or pancakes. We like this brand.

Olive oil
Did you know that most olive oil in the U.S. is adulterated and potentially toxic? True, high-quality olive oil can get quite pricey and can be hard to track down. This brand is a decent, affordable option.

Pecans
When looking for pecans, you want to look for the words "raw" and "organic" on the package. My family's favorite brand is both raw and organic plus non-GMO, in a handy 10-oz size.

Pumpkin
Use canned pumpkin in baked treats (like my nut butter brownies) as a healthy substitute for oil and eggs. I always choose an organic brand without added ingredients.

Salsa
Salsa is quite the handy condiment to keep in stock. Use it to jazz up leftover meat for healthy tacos, add it to eggs at breakfast, and mix it with avocado for a quick and easy guacamole. Look for a brand with organic ingredients and no additives. This brand is my favorite.



KATHLEEN'S PANTRY

Sunflower seeds
Sunflower seeds are useful for baking, for granola, and even for topping a fresh green salad. Look for raw sunflower seeds, and try to find an organic label if possible.

Tapioca flour
Tapioca is a handy flour to keep on hand for grain-free and nut-free cooking and baking. This is the brand I typically use.

Tomato paste
Use tomato paste to add flavor and thickness to all sorts of soups and other dishes. You want to find an organic brand without additives, and a glass jar is the best. This brand meets all the criteria.

Tomatoes
Diced and/or crushed tomatoes are must-haves in the healthy pantry. Look for an organic brand without additives, like this one. Bonus points if they come in a glass jar, like this brand.

Tuna
Mixed with homemade mayo, canned tuna is my real foods version of fast food. Plus it's one of the most nutritious types of fish. Look for "pole and line caught" or "troll caught" on the label. This is my absolute favorite brand.

Unrefined sea salt
Throw out your regular table salt and stock up on a good unrefined sea salt, like this one. *Use my code KEEPITREAL to get 15% off your entire order.*

Walnuts
When looking for walnuts, you want to look for the words "raw" and "organic" on the package. My family's favorite brand is both raw and organic, in a handy 12-oz size.



KATHLEEN'S PANTRY

Specialty Items:

Coconut Wraps
The perfect alternative to bread and tortillas made with just 3 simple organic ingredients. I love to keep these wraps on hand for a quick breakfast, lunch, or dinner.

Kelp noodles
Kelp noodles are a great alternative to regular noodles or pasta as they are gluten-free, egg-free, low in calories, contain virtually no carbohydrates, and are high in iodine which helps with healthy thyroid function. You'll find these kelp noodles in my pantry.

Pasta
You'll love this brown rice version if you tolerate properly prepared grains, but go for cassava pasta if you're grain-free.

Red wine vinegar
With so many brands to choose from, the vinegar aisle can present a real conundrum. When looking for red wine vinegar, you want to skip the cheap bottles and look for one with the name of the grape on the label. Next, look for the name of the vineyard associated with that grape.

Sesame seeds
A must-have for my sesame noodles and sesame garlic chicken, you'll want to look for organic, unhulled seeds. This is a good brand.

Toasted sesame oil
This delicious oil adds rich flavor to sesame dishes like my sesame noodles and sesame garlic chicken. I use this brand.

Ume plum vinegar
Use ume plum vinegar to add a salty, tangy flavor to dishes like my sesame noodles. This is the brand in my pantry.

purchased PANTRY

When homemade isn't possible...



Kathleen Henderson



PANTRY STAPLES AT THE STORE

It's not always possible to make homemade everything, especially when you're first starting out with real food or going through a busy season of life. Below you'll find my recommendations for the healthiest versions of purchased pantry staples.

Bone broth: Bare Bones Bone Broth

Coconut wraps: Nuco Organic Coconut Wraps

Crackers: Simple Mills Almond Flour Crackers

Jam: Crofters Organic Just Fruit

Ketchup: True Made Foods

Marinara sauce: Cucina Antica

Mayo: Primal Kitchen, Sir Kensington's, Chosen Foods

Pasta: Jovial

Salad dressing: Primal Kitchen

Salsa: Amy's

Seasoning salt: Real Salt Season Salt

Tomatoes, diced: Jovial

Tortilla chips: Siete cassava chips



PANTRY STAPLES AT THE STORE

Use this list to keep track of your family's favorite brands of healthy pantry staples.

Bone broth: _____

Crackers: _____

Jam: _____

Ketchup: _____

Marinara sauce: _____

Mayo: _____

Pasta: _____

Salad dressing: _____

Salsa: _____

Seasoning salt: _____

Tomatoes, diced: _____

Tortillas: _____

Tortilla chips: _____



PANTRY INVENTORY LIST

Keep your pantry stocked with the following paleo staples, and you'll always be ready to prepare healthy meals for your family.

- [ ] Almond butter
- [ ] Almond flour, blanched & finely ground
- [ ] Almonds, raw
- [ ] Apple cider vinegar, with the mother
- [ ] Avocado oil
- [ ] Balsamic vinegar
- [ ] Baking soda
- [ ] Cacao powder, raw
- [ ] Cashews, raw
- [ ] Cassava flour
- [ ] Coconut, shredded (unsweetened)
- [ ] Coconut aminos
- [ ] Coconut flour
- [ ] Coconut milk, full fat
- [ ] Coconut oil
- [ ] Dark chocolate, 85% or higher
- [ ] Dates
- [ ] Fish sauce
- [ ] Gelatin, grass fed
- [ ] Honey, local & raw
- [ ] Lemon juice
- [ ] Macadamia nut oil
- [ ] Maple syrup
- [ ] Olive oil, high quality
- [ ] Pecans, raw
- [ ] Pumpkin, canned
- [ ] Salsa, no additives
- [ ] Sunflower seeds, raw
- [ ] Tapioca flour
- [ ] Tomato paste
- [ ] Tomatoes, diced, crushed
- [ ] Tuna, wild caught
- [ ] Unrefined sea salt
- [ ] Walnuts, raw
- [ ] Specialty:
- [ ] Kelp noodles
- [ ] Red wine vinegar
- [ ] Sesame seeds
- [ ] Toasted sesame oil
- [ ] Ume plum vinegar



Purchase one of these sets of lids for Mason jars, and you'll get another complete kit totally free! (A total value of $49.98 for only $19.99!) That's 6 helpful lids to organize your DIY pantry staples at a fraction of the original cost.

Just place this kit in your cart, and then use the code ROOTS2020.

(This offer is limited to one per person/mailing address.)

ROOTS & BOOTS

Is the Family Table still a thing?

Kathleen Henderson is on a mission to make sure families can still find time to gather around the table together and moms can fill that table—and their pantries—with nutritious whole foods.

CLICK HERE TO IMPROVE YOUR FAMILY TABLE



Brought To You By...

Kathleen Henderson is the natural living mentor behind the Roots & Boots blog and youtube channel and the creator of the brand-new *Real Food Family Meal Plan,* which is earning 5-star ratings--and saving time and money--in kitchens across the country. Kathleen lives with her husband and 3 boys on a family farm in Virginia.