

Real Food Kitchen Staples Checklist

These foods are helpful to keep on hand in your real food kitchen. You probably won't have some of the real food items on this list in your kitchen currently and you probably won't need some of them. As you cook an increasing variety of real food meals and increase your recipe repertoire, slowly add in new pantry and perishable staples. Here are the real food staples to start stocking your kitchen with.

Fresh Vegetables and Herbs (Seasonal):

- Carrots
- Celery
- Lettuces
- Leafy greens (kale, Swiss chard, spinach)
- Broccoli
- Tomatoes
- Summer squash
- Winter squash
- Sweet potatoes
- Beets
- Cauliflower
- Onions
- Garlic
- Ginger
- Basil
- Cilantro
- Parsley

Fresh Fruit (Seasonal):

- Apples
- Pears
- Blueberries
- Strawberries
- Cherries
- Melon (watermelon, honeydew, cantaloupe)
- Grapefruit
- Oranges
- Lemons

Frozen Fruit and Vegetables:

- Frozen blueberries
- Frozen strawberries
- Frozen blackberries
- Frozen raspberries
- Frozen bananas (peeled and quartered)
- Frozen mangoes
- Frozen corn
- Frozen peas
- Frozen spinach

Meat, Poultry, Seafood and Vegetarian Protein:

- Chicken (free-range or organic)
- Turkey (free-range or organic)
- Lean beef (grass-fed, hormone-free)
- Bison or game meat
- Wild Alaskan salmon
- Wild cod
- Scallops
- Tilapia
- Organic tempeh
- Organic extra firm tofu

Dairy Products, Dairy Substitutes and Eggs:

- Organic milk
- Organic butter
- Cheeses (cheddar, mozzarella, etc.)
- Plain Greek yogurt
- Oat milk (DF)
- Rice milk (DF)
- Almond milk (DF)
- Eggs (organic or free-range, hormone-free, antibiotic-free)

Pantry Staples:

- Diced tomatoes (canned)
- Crushed tomatoes (canned)
- Tomato paste (canned)
- Sun-dried tomatoes
- Green olives
- Black olives
- Capers
- Pickles
- Apple butter (unsweetened)
- Fruit spreads (unsweetened or fruit juice sweetened)
- Coconut milk (canned)
- Beef broth
- Chicken broth (free-range)
- Vegetable broth
- Sardines (canned)
- Tuna in water (canned)
- Salmon (boneless and skinless, canned)

Whole Grains:

- Quinoa (white and red)
- Millet
- Buckwheat or kasha (roasted buckwheat)
- Arborio rice
- Short or medium grain brown rice
- Brown basmati rice
- Thick rolled oats
- Steel-cut oats
- Corn meal
- Popcorn kernels
- Whole wheat flour
- Brown rice flour (GF)
- Sorghum flour (GF)
- Quinoa flour (GF)
- Buckwheat flour (GF)
- Tapioca starch (GF)

Whole Grain Products:

- Whole grain cold cereal
- Granola
- Raw muesli
- Soba noodles
- Whole wheat pasta
- Sprouted whole grain bread
- Whole wheat pitas
- Whole grain crackers
- Nut or rice crackers (GF)
- Brown rice pasta (GF)
- Quinoa pasta (GF)
- Brown rice tortillas (GF)
- Corn tortillas (GF)

Beans and Legumes:

- Dried kidney beans
- Dried black beans
- Dried pinto beans
- Dried garbanzo beans
- Dried split peas
- Dried lentils (green and red)
- Canned kidney beans
- Canned black beans
- Canned pinto beans
- Canned white beans
- Canned garbanzo beans

Dried Fruit:

- Raisins
- Dried apricots
- Dried cranberries (unsweetened)
- Dried cherries
- Dried apples

Nuts and Seeds:

- Raw walnuts
- Raw almonds
- Raw cashews
- Raw pine nuts
- Raw sunflower seeds
- Raw pumpkin seeds
- Raw sesame seeds
- Flax seeds
- Chia seeds
- Natural peanut butter (unsalted)
- Almond butter
- Cashew butter
- Sunflower seed butter
- Tahini (ground sesame seed butter)

Sea Vegetables:

- Dulse flakes
- Kelp
- Kombu strips
- Wakame
- Nori sheets

Vinegars and Cooking Wines:

- Raw apple cider vinegar
- Balsamic vinegar
- Brown rice vinegar
- Red wine vinegar
- White wine vinegar
- Umeboshi plum vinegar (aka ume)
- Sherry or sherry vinegar

Oils:

- Extra virgin olive oil
- Flaxseed oil
- Virgin coconut oil
- Grapeseed oil
- Toasted sesame oil
- Hot pepper sesame oil

Natural Sweeteners:

- Pure maple syrup
- Raw honey
- Medjool dates
- Raw coconut sugar
- Raw cane sugar
- Brown rice syrup
- Raw agave nectar
- Blackstrap molasses
- Stevia extract

Herbs and Spices:

- Dried parsley
- Dried basil
- Dried oregano
- Dried thyme
- Dried rosemary
- Bay leaves
- Cinnamon
- Ginger
- Cumin
- Cardamom
- Cayenne pepper
- Paprika
- Turmeric
- Ground black pepper
- Garlic powder
- Mustard seed
- Chili powder
- Curry powder
- Garam masala

Salt and Salt Substitutes:

- Celtic sea salt
- Bragg's Liquid Aminos
- Organic seasoned salt (Herbamare, Trocomare)
- Gomasio (sea salt and sesame seeds)
- Traditional soy sauce
- Tamari (GF soy sauce)

Condiments and Other Kitchen Staples:

- Cultured vegetables
- Raw sauerkraut
- Ketchup (naturally sweetened)
- Dijon mustard
- Miso paste
- Wasabi
- Hot chili sauce (Siracha)
- Horseradish
- Hummus
- Baba ghanoush
- Salsa
- Nutritional yeast
- Cocoa powder or raw cacao (powder or nibs)
- Vanilla extract
- Baking powder
- Baking soda
- Xanthan gum (GF)
- Green tea
- Herbal teas

GF- indicates an item that should be certified
Gluten Free if necessary