

## TOP 15 Healthy Pantry Checklist:

**Healthy Fats and Oils:** Olive oil (EVO), avocado oil, coconut oil, coconut manna, ghee, macadamia and walnut oil. Quality fat plays many roles in healthy brain chemistry.

**Vinegars:** Apple cider vinegar, red wine vinegar, white wine vinegar, balsamic vinegar, rice vinegar. Vinegar increases insulin sensitivity and contains antioxidants, which slow premature aging and reduce the risk of cancer.

**Wild Caught Fish** (non BPA lined can): Sardines, salmon, oysters, mackerel. Great source of protein, B12, heart and brain friendly omega 3 fats.

**Sea Salts:** Himalayan, Celtic or Iberian Sea Salt: Trace minerals and free of industrial processing. Helps maintain proper ph balance in the body, especially in brain cells.

**Coconut Aminos:** Soy sauce alternative. Coconut sap used to make Coconut Aminos, contain a wide variety of minerals, vitamins and amino acids that are important for muscle development and brain health.

**Fish Sauce:** Great at adding a salty, savory vibe to your dishes. I frequently use it in conjunction with Coconut Aminos in Thai dishes or to impart a Southeast Asian flavor. During the fermentation process enzymes are created that benefit the immune system and play a role in scavenging free radicals.

**Kettle & Fire Bone Broth:** Nutrient-dense broth for gut, bone, joint and tissue healing. Use as is, or as flavor enhancer for soups, stir-fries and sautés.

**Nuts & Seeds and Nut & Seed Butters:** Organic almonds, Brazil nuts, cashews, macadamia, hazelnuts, pecans, pistachios, walnuts, chia seeds, flaxseed, hemp seeds, poppy seed, pumpkin seeds, sesame seed, sunflower seeds. Several studies have shown that blood sugar, blood pressure and others health markers improve when nuts and seeds are included in diets of people with type 2 diabetes and metabolic syndrome.

**Nut Milks:** Coconut, almond, cashew.

**Nut Flours:** Coconut, almond and banana flour: Flour free baking (see portal)

**Paleo Wraps:** See "Rawraps" and "coconut" wraps for bread-free sandwiches. Grain -free wraps are a great alternative to breads, and wraps made from flour.

**BPA-free Canned Beans (non BPA lined can):** Chickpeas, lentils, black beans, red kidney beans, navy beans. High protein and high fiber helps stabilize blood sugar, and lowers the risk of Type 2 diabetes.

**Coconut Water:** Great frozen with some fresh fruit in Popsicle molds (kids love!), or dilute with water as smoothie base. Coconut water is rich in potassium which makes it a high electrolyte drink that can reduce fatigue, stress, and help maintain muscle relaxation.

**Dried Spices & Herbs:** Turmeric, curry, cumin, chile powder, oregano, basil, cardamom, thyme, basil, garlic powder, onion powder, Ceylon cinnamon, ginger.

Many herbs and spices are anti-inflammatory and immune system modulators.

**Teas:** Matcha green tea powder, green tea, and white tea are best choices for their anti-cancer properties.