

Pantry Staples

COOKING

Apple Cider Vinegar, *Bragg*
Coconut Aminos
Coconut Oil, *unrefined*
Olive Oil
Nutritional Yeast Seasoning
Seasonings
Vinegars

CANNED GOODS

Coconut Milk, *Native Forest*
Pumpkin Puree, *organic*
Salmon, *Wild Planet**
Sardines, *Wild Planet**
Tuna, *Wild Planet**
Tomatoes, *Muir Glen organic*
Tuna, *Wild Planet*

MISCELLANEOUS

Gelatin, *Great Lakes*
Seaweed, *Dulse or Kelp*

BAKING

Almond Flour
Arrowroot Powder
Baking Soda
Cacao Powder
Coconut Flour
Coconut Flakes
Extracts, *organic*
Honey, raw
Maple Syrup
Stevia

SNACKING

Almond Butter
Beef Jerky
Nuts, *no peanuts they are a legume*
Olives
Seeds
Sunflower Seed Butter
Lara Bars, *most are OK but read the labels**
Epic Protein Bars

*Costco is the best place to buy it.

 **MS** Wellness Route

 A Path To Better Health 