

FINDING PHILOTHEA

LOVE GOD. LOVE EACH OTHER.

Pantry Checklist

OILS

- coconut oil
- olive oil

VINEGARS

- apple cider vinegar
- balsamic vinegar
- red wine vinegar
- rice wine vinegar

SAUCES/LIQUIDS

- coconut aminos
- Dijon mustard
- fish sauce
- ghee
- honey
- ketchup
- maple syrup
- Worcestershire sauce

CANNED GOODS

- beans
- chipotles in adobo
- coconut milk
- crushed tomatoes
- olives
- tomato puree
- tomato paste
- turkey bone broth/stock
- vegetable stock

EVERYDAY PANTRY PRODUCE

- avocados
- bananas
- fresh ginger

- fresh herbs (basil, oregano, thyme, cilantro, mint)
- garlic
- lemons
- onions
- shallots
- tomatoes

BAKING

- almond flour
- baking powder
- baking soda
- chocolate chips
- cocoa powder
- coconut crystals
- coconut flour
- palm shortening
- sugar
- vanilla

MISC

- almond butter
- bread crumbs
- dried herbs
- dried pasta
- oats
- pancake mix
- pepper
- polenta
- raw nuts and seeds
- rice
- sea salt
- spices