

Wholefood Pantry List By Holly Davis©

- **Organic pasture-raised eggs**
- **Whole grains**, short grain or medium brown rice, basmati rice, jasmine rice, quinoa, oats,
- **Nuts**, such as raw almonds, walnuts, cashews, brazil nuts, pine nuts
- **Seeds** (all hulled) sunflower, sesame, pumpkin
- **Dried beans**, (can be tinned) chickpea, cannellini, black beans,
- **Organic noodles and pasta** I like Spiral Foods brand or Hakubaku brand organic soba and udon; and I keep gluten-free options such as rice noodles or Olive Green Organics amaranth and rice pasta.
- **Organic extra virgin olive oil**, avocado, macadamia, walnut, plain and toasted sesame oils; Coconut oil, duck fat and ghee
- **Vinegars** (naturally fermented), such as red and white wine vinegars, apple cider vinegar, sherry vinegar, brown rice vinegar. You might like to try umeboshi vinegar too (this isn't fermented)
- **Fish sauce** — check labels make sure it's additive free; I like Golden Boy brand or Squid brand as these are literally liquid fish.
- **Dark soy sauce** Tamari — high quality, naturally fermented dark soy sauce, wheat free (we like Spiral Foods brand)
- **Light soy sauce** Shoyu — high quality, naturally fermented light soy sauce, contains wheat (we like Spiral Foods brand)
- **Mirin** — this sweet fermented rice wine (we like Spiral Foods brand)
- **Sea salt** — Celtic and Maldon
- **Organic spices and dried chillies** - Small amounts as they lose their potency after 6 months
- **Tinned tomatoes** (Spiral brand tins are free of the nasty plastics BPA)
- **Tomato passata**, in glass jars
- **Sun-dried tomatoes**
- **Coconut milk/cream** — Honest to Goodness brand is organic and free of stabilisers
- **Sardines** in extra virgin olive oil (better to buy the ones in glass jars if you can)
- **Anchovies** in extra virgin olive oil (better to buy the ones in glass jars if you can)
- **Salted capers**
- **Vanilla beans**, plump dried
- **Organic maple syrup**, rapidura or panella (evaporated sugar cane juice), molasses, palm sugar, less refined raw sugars (the Billington brand range are excellent)
- **Organic sun dried fruits**, sultanas, apricots, raisons
- **Mustards**, Dijon, English
- **Dried mushrooms**, shiitake and porcini
- **Tahini** from organic hulled seeds (hulled seeds are less bitter and easier to digest)
- **Miso Paste** — I like Spiral Foods' white miso and Muso brand chunky unpasteurised brown rice, soba or barley. If you live in a warm climate store opened containers in the fridge

- Assorted **dried seaweed** (sea vegetables) — arame, wakame, nori, nori flakes.
- **Umeboshi plums and/or paste** — Muso brand from a healthfood store; these contain no colouring or unwanted additives