



PANTRY SET UP



- Fresh Fruit
- Fresh Salad Greens
- Fresh Kale or Spinach for Sautéing
- Avocado
- Onion
- Garlic
- Carrots
- Celery
- Cold Pressed Organic Olive Oil
- Sesame Oil
- Tamari or Nama Shoyu
- Nuts & Seeds
- Dried Beans
- Canned Beans BPA-Free
- BPA-Free Organic Canned Tomatoes
- Sea Salt, Redmond's Real Salt, Himalayan Salt
- Turmeric, ground
- Cinnamon, ground
- Dulse Sea-weed from Main for Salads



PANTRY SET UP

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- Rice Pasta
 - Soba Noodles
 - Lentils Green and Orange
 - Eggs
 - Quinoa
 - Chia
 - Hemp Seeds
 - Dairy Free Milk Carrageenan Free
 - Frozen Organic Vegetables
 - Tahini Paste
 - Apple Cider Vinegar
 - Rice Wine or Umeboshi Vinegar
 - Lemons
 - Raw Honey
 - Grade B Maple Syrup