

What to Keep in your Real Food Pantry

This is not an all-inclusive list but gives you a good idea of what you should be shopping for and stocking in your Clean Eating pantry. I don't make everything from scratch and try and cut corners where I can. There are a lot of Clean Eating food options available but to save costs, stick with the basics and weigh up the costs and time to make from scratch vs buying it already made.

Baking Goods

Wholewheat Flour
Almond Flour
Coconut Flour
Organic White Flour (Yes I still use this. It's minimally processed but necessary for some recipes like birthday cakes and crepes)
Baking Soda and Baking Powder
Yeast
Dark Chocolate Chips (Sometimes the yummy milk chocolate ones too)
Raw sugar

Nuts and Seeds

Fruit and Vegetables
Beans and lentils

Canned / Bottled Food

Fruit in own juice (no sugar added)
Vegetables (in water or brine (salt water), no sugar added)
Tuna and salmon (read the ingredients to make sure there are no additives or nasties)
Jars of Pasta Sauce (Again, read the ingredients)
Tomato Paste
Unsweetened Apple Sauce
Unopened Jars of pickles

Condiments / Spreads

Organic Peanut Butter
Honey
Maple Syrup
Full Fruit Jams (no sugar added if possible)
Tomato Ketchup (read ingredients)
BBQ Sauce (Read ingredients)

Wholegrain Goods / Grains

Wholewheat pasta,
Organic pasta
Rice – All Types - Brown Basmati is our favourite at the moment
Whole Grain Cereals – Plain Organic Rice Puffs, WheatBix (Yup, we still eat this one. They make an organic wholewheat version that my kids love), plain puffed wheat.
Oats
Couscous
Quinoa
Coconut dried
Wholewheat wraps and tortillas
Brown Rice Cakes
Wholegrain Crackers
Popcorn seeds
Breadcrumbs (wholewheat & Panko)

Other Pantry Goods

Spices and Dried Herb
Vinegar - apple cider, brown malt, balsamic and white vinegar
Oils - coconut, sesame and olive oil. Sometimes Avocado, but not often.
Salad dressings - most of the time I make these, but I like to try these out when I find a good one.
Unopened Organic Mayonnaise (because I never get round to making it)
Dried Fruits - all kinds (read ingredients. These can have sneaky additives)
Organic Vegetable Stock, Chicken or Beef Stock

HOW TO SAVE MONEY ON GROCERIES

1. Keep your pantry well organised to avoid food expiring or doubling up on things you already have.
2. Store opened goods correctly to avoid it spoiling.
3. Get familiar with prices of foods you buy so that you know when it's on special for bulk purchasing.
4. Buy Generic Store brands where you can.
5. Plan your Meals and use what you have in your pantry.
6. Rotate pantry goods so that you use the older items first.
7. Keep a list of what you have in your pantry and stick it to the inside of the door. You will soon see what you use a lot of and what you can stop buying.
8. Keep it simple. You can make a huge variety of meals with a few basic real food ingredients.
9. If you don't have a plan to use it, don't buy it.

