



# STOCKING A HEALTHY KITCHEN

*Hectic schedules need not mean a stop at the fast food drive thru or a frozen pizza. By stocking your cupboards, refrigerator and freezer with the right ingredients, you will be able to quickly prepare an appetizing and wholesome meal right at home without sacrificing either nutrition or convenience.*

*Take an afternoon to clean out your kitchen of foods containing hydrogenated vegetable oil & partially hydrogenated oil. Then get rid of high sugar foods, highly processed foods and all those with additives, colorings and long expiration dates. Replace with healthful nourishing basics. Here are some guidelines.*

## CUPBOARD OR PANTRY

- Beans:  
Pinto, Black, White, Fava  
Kidney, Lima, Garbanzo
- Split Peas:  
Green and Yellow
- Lentils:  
Green, Yellow, Orange
- Grains:  
Wheat, Barley, Kamut,  
Brown Rice, Wild Rice, Spelt,  
Millet, Rye, Quinoa, Oats  
(oatmeal, oat bran, whole)
- Canned Items:  
Tomatoes (Whole, Paste),  
Beans, Chiles, Artichokes,  
Coconut Cream & Milk
- Sea Vegetables:  
Dulse, Kombu, Nori
- Sweeteners:  
Honey, Sucanant, Rapadura,  
Blackstrap Molasses, Stevia
- Whole Grain Pasta
- Arrowroot, Agar Agar (thickeners)
- Herbs and Spices
- Unrefined Sea Salt
- Quality Canned Chicken Stock
- Onions, Shallots & Garlic
- Popcorn Kernels
- Potatoes, Sweet Potatoes
- Squashes (in season)
- Olive Oil (Cold Pressed)
- Herbal Teas
- Dried Fruits & Mushrooms



## FREEZER

- Frozen Fruits and Berries
- Frozen Vegetables
- Homemade Stocks & Broths
- Grass Fed Meats
- Coconut Flakes
- Extra Butter
- Flour (freshly ground is best)
- Raw Nuts & Seeds:  
Almonds, Walnuts, Pecans,  
Cashews, Peanuts, Pistachios,  
Macadamia, Pine Nuts, Pumpkin,  
Sesame, Sunflower & Flax Seeds
- Whole Wheat Sprouted Tortillas
- Whole Grain Sprouted Bread



## REFRIGERATOR

- Seasonal Fresh Fruits
- Seasonal Fresh Vegetables
- Fresh Herbs & Ginger Root
- Organic Citrus Fruits:  
Lemons, Limes, Orange
- Range Free Eggs
- Cheeses: Parmesan, Romano
- Plain Yogurt (homemade is best)
- Fermented Beverages:  
Kefir, Kombucha, Kvass
- Fermented Vegetables:  
Pickles, Sauerkraut, Kimchi
- Raw Fermented Olives
- Butter (from pastured cows)
- Ghee (clarified butter)
- Milk (preferably raw)
- Homemade Salad Dressings
- Condiments:  
Mustard, Horseradish, Salsa,  
Tamari Sauce, Fish Sauce
- Sun-Dried Tomatoes
- Vinegar: Raw Apple Cider,  
Rice, Balsamic, Coconut
- Flax Oil
- Coconut Oil
- Sesame Oil
- Maple Syrup
- Miso
- Mirin



## Helpful Kitchen Equipment:

Baking Dishes, Baking Sheets, Blender, Bowls, Cheese Cloth, Colander, Cutting Board, Dehydrator, Dutch Oven, Food Processor, Glass Mason Jars, Glass Beverage Containers, Grain Mill, Grater, Hand Held Blender, Ice Cream Maker, Juicer, Kitchen Scissors, Knives, Ladles, Measuring Spoons & Cups, Meat Thermometer, Mortar & Pestle, Parchment Paper, Popcorn Maker, Pots & Pans, Rubber Scraper, Salad Spinner, Stainless Steel Spatula, Stockpot, Timer, Tongs, Vegetable Peeler, Wire Wisk, Wooden Spoons

The next step is to get some good cook books that incorporate healthy cooking. Here are a few suggestions:

• *Nourishing Traditions* by Sally Fallon

• *One Bite at a Time* by Rebecca Katz

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