

## Stocking Your Pantry:

Fill your pantry with items you often use, such as spices, baking needs, canned goods, and protein powders. You can also purchase frozen fruit, vegetables and other ingredients that are easy to use. My freezer always has frozen shrimp, cauliflower rice, blueberries, and extra sauces.

Here is a list of items I like to have on hand:

### Fresh

- Spinach
- Plain Greek Yogurt
- Onions
- Garlic
- Lemons & Limes
- Eggs
- Seasonal Fresh Fruit & Vegetables
- Chicken Thighs or a Cooked Rotisserie
- Celery, Carrots, Onions for Mirepoix
- Vegetable Broth
- Smoked Salmon
- Favorite Milk



Success is where preparation  
and opportunity meet.

- Bobby Unser

### Herbs & Spices

- Garlic & Onion Powder
- Chili Powder
- Cumin
- Black Pepper & Sea Salt
- Gourmet Gardens Herb Tube Pastes
- Stevia/Truvia
- Steel Cut & Rolled Oats
- Almond & Oat Flour
- Favorite Nut Butter
- Grains (Rice, Quinoa, Pasta)
- Whole Wheat Tortillas
- Vinegar (White, Red, Apple Cider)
- Oils (Olive, Sesame, Avocado)
- Hot Sauce (Franks, Sriracha)
- Organic Black Beans
- Organic Diced Tomatoes
- Garbanzo Beans (chickpeas)

### Frozen

- Riced Cauliflower
- Raw Shrimp
- Ezekiel Bread & Muffins
- Favorite fruits and veggies

### Miscellaneous

- Protein Powder



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