

PALEO PANTRY ESSENTIALS

HEALTHY FATS & OILS

- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil (Refined/Unrefined)
- Grass-fed Ghee
- Animal Fats (Tallow, Lard)

NUTS & SEEDS

- Raw Almonds & Walnuts
- Cashews & Macadamias
- Chia & Flax Seeds
- Pumpkin & Sunflower Seeds
- Almond/Cashew Butter

BAKING & FLOURS

- Almond Flour (Fine Ground)
- Coconut Flour
- Tapioca / Cassava Flour
- Raw Honey
- Pure Maple Syrup

CANNED & JARRED

- Full-fat Coconut Milk
- Wild-caught Canned Tuna/Salmon
- Tomato Paste/Puree
- Bone Broth (Beef/Chicken)
- Fermented Pickles

SEASONINGS & SAUCES

- Coconut Aminos (Soy-free)
- Apple Cider Vinegar
- Pink Himalayan Sea Salt
- Raw Cacao Powder
- Dried Herbs & Spices

SNACKS & MORE

- Beef/Turkey Jerky (Sugar-free)
- Plantain Chips
- Seaweed Snacks
- Unsweetened Dried Fruit
- Dark Chocolate (85%+)