



Pantry List

Knowing what to eat is key to **making healthy your habit**, and having the basics on hand bridges this gap. If you have it, you will eat it. If not, you will be ravenous and ready to eat pretty much anything and everything. **Key is to have the essentials on hand so even on your most disorganized day you stay on track.** Stock up on these basics, and you will have everything on hand you need for all the Nourished recipes. All you will need to do is buy the fresh produce and other fresh products on grocery lists.

Grains

Seeds, Nuts and Nut Butters (Organic)

Spices and Condiments

Beans and Soy Products (cans are fine)

Sea Vegetables; good salt substitute

Sweeteners

Snacks

Freezer Section

Complete proteins: These foods contain all the essential amino acids. They mostly occur in animal foods, such as meat, dairy, and eggs.

Incomplete proteins: These foods contain at least one essential amino acid, so there is a lack of balance in the proteins. Plant foods, such as peas, beans, and grains mostly contain incomplete protein.

Complementary proteins: These refer to two or more foods containing incomplete proteins that people can combine to supply complete protein. Examples include rice and beans or whole grain bread with peanut butter.