

Build an Energy Pantry

WHOLEFOOD STAPLES

Rolled oats or steel-cut oats
Brown rice, basmati rice or quinoa
Wholegrain pasta or legume-based pasta
Buckwheat, millet
Legumes – lentils, beans, chickpeas
Nuts – almonds, walnuts, cashews
Seeds – linseed, pumpkin, sunflower

ESSENTIALS

Extra virgin olive oil
Coconut oil or avocado oil
Apple cider vinegar, balsamic vinegar
Tamari or coconut aminos
Stock cubes or liquid stock
Baking powder, baking soda
Almond meal
Coconut flour

FLAVOUR

Sea salt and pepper
Lemon pepper, smoked paprika
Dried herbs
Whole spices

POWER

Nut butter
Tahini
Mustard
Coconut milk

REFUELLING

Green powder, protein powder,
collagen powder, creatine

HYDRATION

Yerba mate, chamomile, rooibos,
peppermint teas



Wellness Your Way

REWIRE. REVITALISE. REDEFINE.

Ready to take the next step?
Your pantry is just one part of creating more energy and vitality in your life. If you're ready to rewire your habits, revitalise your health and redefine what's possible for you – I'd love to support you.

Book your free 15-minute discovery call today.

www.wellnessyourway.coach

