

# The Well Pantry List

SIMPLE STAPLES FOR NOURISHING MEALS

Keeping a stock of staples in the cupboard makes nourishing food so much easier. These are the ingredients I return to again and again for quick, flavourful meals that support health, energy and everyday wellbeing.

*Keep the pantry well stocked and all will be well. ♥*

## FLOURS, GRAINS & PULSES

- ☐ Arrowroot
- ☐ Buckwheat Flour
- ☐ Chickpea Flour
- ☐ Chickpeas
- ☐ Lentils (Red & Green)
- ☐ Oats
- ☐ Quinoa
- ☐ Soba Noodles
- ☐ Sorghum Flour

## SEEDS, NUTS & PASTES

- ☐ Chia Seeds
- ☐ Flaxseeds
- ☐ Hemp Seeds
- ☐ Mustard Seeds
- ☐ Nigella Seeds
- ☐ Pumpkin Seeds
- ☐ Sesame Seeds
- ☐ Sunflower Seeds
- ☐ Tahini Paste

## FLAVOUR MAKERS

- ☐ Capers
- ☐ Chermoula
- ☐ Harissa Paste
- ☐ Lemon Balm
- ☐ Rock Salt
- ☐ Sea Salt
- ☐ Za'atar

## HERBS & SPICES

- ☐ Basil
- ☐ Black Pepper
- ☐ Cardamom Pods
- ☐ Chilli Powder & Flakes
- ☐ Cinnamon
- ☐ Coriander
- ☐ Cumin
- ☐ Curry Powder
- ☐ Dill
- ☐ Ginger
- ☐ Marjoram
- ☐ Mint
- ☐ Oregano
- ☐ Paprika (Smoked)
- ☐ Rosemary
- ☐ Sumac
- ☐ Thyme
- ☐ Turmeric

## OILS, VINEGARS & FATS

- ☐ Apple Cider Vinegar
- ☐ Black Seed Oil
- ☐ Coconut Oil
- ☐ Olive Oil

## STORE CUPBOARD ESSENTIALS

- ☐ Bay Leaves
- ☐ Butter Beans
- ☐ Cacao Powder
- ☐ Cannellini Beans
- ☐ Coconut Milk
- ☐ Dates
- ☐ Tinned Anchovies
- ☐ Tinned Chickpeas
- ☐ Tinned Tomatoes
- ☐ Tomato Purée

Simple ingredients. Real food. Everyday

*From my kitchen to yours. nourishment.*

THE WELL

NOURISH • RESTORE • THRIVE