

Kitchen Ingredients

When it comes to cooking, there are some basic ingredients to have on hand that make it easier to pull together a meal, even if you don't have anything planned (or if your plan falls through). Here are some basic ingredients with info to make choosing these items easier.

PANTRY:

Ingredient	Notes
Arrowroot	Used as a thickening agent to produce a clear gel for sauces & gravies. It thickens at a lower temperature than cornstarch or flour-substitute 2 tsp of arrowroot for 1 tbsp cornstarch, or 1 tsp of arrowroot for 1 tbsp of wheat flour.
Baking powder	If you are a baker these are essential. If you are not a baker, these are good to have on hand as a leavening agent. Opt for aluminum-free products to prevent heavy metal toxicity.
Baking soda	
Beans, dried	Beans have to be prepared to decrease anti-nutrients. Beans must be soaked in warm water with either an acidic (vinegar) or basic (baking soda) medium for at least 24 hours, changing the water at least once during the soaking process before being cooked.
Coconut oil	Stable oil used for cooking at high temperatures, such as frying (smoking point is 280°F). Coconut oil also offers anti-microbial properties not found in most fats.
Garlic-cloves, paste, or powder	Keep whole garlic stored in a dry, low-humid environment with the tops on. Use 1/8 tsp garlic powder to replace 1 garlic clove.
Ghee	A type of clarified butter with the milk solids removed, useful for people who have allergies or sensitivities to milk. This can be used for cooking or frying at high temperatures.
Nuts, any variety	All nuts contain the anti-nutrient phytate. Thus soaking nuts for 6-18 hours, then dehydrating at very low temperatures eliminates a portion of phytates, allowing your body to easily digest the nuts and to utilize the nutrients. If you frequently eat nuts, the soaking and dehydration is important, however if nuts are not a staple for you it is not as important.
Olive oil	Cold-pressed extra virgin or virgin olive oil in dark glass-the light causes oxidation & causes rancidity. Olive oil should be used for cold or very low heat preparation.

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Onions	Keep whole onions stored in a cool, dark spot in the pantry. However they can be sliced and stored in the freezer for convenience. Conventional onions are on the “clean fifteen” list, meaning they do not hold large amounts of toxins.
Sea Salt	Sea salt naturally has a higher mineral content, which differ depending on where it originates, without the additives found in table salt.
Stevia	If you are looking for a sweetener stevia is a natural sugar replacement. Be sure when you are purchasing stevia is the only ingredient listed.
Tomatoes-whole, sauce, paste	Fresh tomatoes are great for cooking. They can be frozen whole and the skin easily comes off when defrosted. Otherwise, look for tomatoes packaged in glass, as the acidity in the tomatoes can cause the BPA lining of cans to leach into the food.
Vinegar, your favorite variety	Great for use in salad dressings, dips, marinades, sauces, and reductions.

REFRIGERATOR OR FREEZER:

Beef	Grass fed, any cut has significantly more nutrients than conventional beef.
Bell peppers	Keep whole bell peppers stored in the refrigerator if used within 5 days, however they can be sliced and stored in the freezer for convenience.
Broth	Homemade broth, made with bones of any animal is very nourishing to the digestive tract. Do not use broth from a can or box, as they are artificially flavored with MSG.
Butter	Real butter. Don't bother with margarine or “tub butter.”
Cheese	Made from raw milk preferably. Otherwise made from milk, cultures, and rennet with minimal added ingredients.
Chicken	Farm fresh, free range, or cage-free chicken to enhance the nutrient content.
Eggs	Farm fresh, free range, or cage free eggs to enhance the nutrient content.
Fruit	Fermented fruit allows the body to utilize the nutrients & enzymes. Otherwise fresh or frozen without added sugar are good options in limited amounts.
Nut butters	The ingredient list should be only the ground nut to make the butter (and maybe salt). Once opened it should be kept in the refrigerator to prevent rancidity. Try a variety of nut or seed butters.
Organ meats	Organ meats are truly a superfood-they are loaded with nutrients that are not found in the same quantities in most foods. Look for organ meats from animals that are pastured for the best nutritional bang for your buck.

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Pork	Pastured pork, any cut. Look for processed pork that is nitrate-free.
Salsa	Fresh, fermented salsa allows the body to utilize the nutrients & enzymes. Otherwise fresh salsa is also very versatile.
Seafood, wild	Seafood is a great protein source and has nutrients not found in other meat sources.
Vegetables	Fermented veggies allow the body to utilize the nutrient & enzymes. Otherwise fresh or frozen without added seasoning packs or sauces are good options.