



# the HealthNut COOKBOOK

## Kitchen Staples

Keeping my fridge and pantry stocked with my go-to staples and fresh ingredients is essential so I always have the ingredients I need to whip up healthy meals. Over the years I've tasted and played around with loads of "magical" superfoods, spices, and vegetables with odd-sounding names. When it comes down to it, I like to stick to my tried- and-true basics while including a fun addition here and there (like nutritional yeast, which may sound odd, but I promise it's delicious). To help you shop for the ingredients used in this book, I've listed all of them below. Once you have your kitchen stocked, you'll be ready to cook up a food storm.

# What's In My Fridge

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## Fruits

Apples	Lemons	Pomegranate
Bananas	Limes	Pineapple (fresh & frozen)
Blackberries	Mango (frozen)	Raspberries (fresh & frozen)
Blueberries	Oranges	Strawberries (fresh & frozen)
Cherries	Peaches (frozen)	Watermelon

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## Vegetables

Alfalfa sprouts	Fennel	Potatoes (mini red & mini yellow Yukon gold)
Asparagus	French green beans	Shallots
Avocado	Garlic	Spring pea microgreens
Bok choy	Green onions	Spring mixed greens
Baby spinach	Ginger	Squash (acorn and butternut)
Bean sprouts	Jalapeño peppers	Sweet potatoes
Beets	Kale (curly & black)	Sweet red pepper
Broccoli	Leeks	Swiss chard
Butter lettuce	Mushroom (button, shimeji, cremini, shiitake, king, oyster, portabello)	Radishes
Brussels sprouts	Olives (black & kalamata)	Red cabbage
Carrots	Onions	Romaine lettuce
Cayenne chili pepper	Peas (fresh & frozen)	Ruhrbarb
Cauliflower	Poblano peppers	Tomatoes (cherry, heirloom, vinee)
Celery	Peperoncini peppers (pickled)	Turmeric root
Corn kernels		Zucchini (green & yellow)
English cucumber		

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## Fresh Herbs

Basil	Mint	Rosemary
Chives	Parsley (flat leaf and curly)	Thyme
Cilantro		

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## Nut and Seed Butters

Natural almond butter	Natural coconut butter	Tahini
Natural cashew butter	Natural peanut butter	

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## Dairy and Dairy-free alternatives

Feta cheese	Regular yogurt	Unsweetened coconut milk
Halloumi cheese	Plain full-fat coconut yogurt	Unsweetened almond milk
Soft goat cheese	Organic unsalted butter	Unsweetened soy milk
Plain full-fat greek yogurt		

## Meat, Seafood, Eggs and Protein

Thick-cut bacon

Boneless, skinless chicken breasts

Organic free-run eggs

Lean ground pork

Lean ground turkey

Smoked salmon

Wild salmon fillets

Extra-firm organic tofu

## What's In My Pantry

### Condiments and Sauces

Dill pickles

Grainy dijon mustard

Kimchi

Mayonnaise

Sambal oelek chili paste

Sriracha

Sun-dried tomatoes

Tamari

Toasted sesame oil

White miso paste

### Oils and Vinegars

Avocado oil

Coconut oil

Extra-virgin olive oil

Apple cider vinegar

Red wine vinegar

Rice vinegar

White wine vinegar

### Grains and Flours

Almond flour

Arrowroot flour

Chickpea flour

Coconut flour

Oat flour

Spelt flour (light and regular)

Bread (tortilla wraps, buns, rye, sourdough)

Brown rice pasta (fettuccine, shells, macaroni, ramen, soba)

Gluten-free rice bread crumbs

Old fashioned rolled oats

Rice-paper wrappers

Tortilla corn chips

### Baking

Baking powder

Baking soda

Cacao powder

Unsweetened applesauce

Semi-sweet chocolate chips

Semi-sweet baking chocolate

Sprinkles (with no artificial colours)

### Sweeteners

Blackstrap molasses

Brown rice syrup

Coconut sugar

Pure liquid honey

Pure maple syrup

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## Dry Goods and Canned Foods

Black beans	Red kidney beans	Canned full-fat coconut milk
Black-eyed peas	Navy beans	Popcorn kernels
Chickpeas (canned and dried)	Refried black beans	Pumpkin purée
Cannellini beans (white kidney beans)	Capers	Sushi rice
	Canned diced tomatoes	Tomato paste

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## Herbs, Spice, and Extracts

Black pepper (ground and whole)	Fennel seeds	Old Bay seasoning
Cardamom	Garam masala	Onion powder
Cayenne pepper	Garlic powder	Sea salt
Chipotle chili powder	Ground allspice	Sweet paprika
Cinnamon (ground and stick)	Ground coriander	Sumac
Curry powder	Ground cumin	Red chili flakes
Dried bay leaves	Ground ginger	Za'atar
Dried dill	Ground nutmeg	Almond extract
Dried oregano	Ground sage	Peppermint extract
Dried parsley	Ground turmeric	Pure vanilla extract
Dried rosemary	Italian seasoning	
Dried thyme		

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## Nuts, Seeds, and Dried Fruit

Chia seeds (whole and ground)	Raw cashews	Sliced almonds
Flaxseeds (ground and whole)	Raw pecans	Dried fruit
Hemp hearts	Raw pumpkin seeds	Dried cranberries
Peanuts (salted, roasted & redskin)	Raw sunflower seeds	Medjool dates
Pine nuts	Raw walnuts	Thompson raisins
Raw almonds	Sesame seeds	Unsweetened shredded coconut

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## Specialty Items

Citric acid (optional)	Low sodium chicken stock	Nutritional yeast
Grass-fed collagen powder	Low sodium vegetable stock	Vanilla plant-based protein powder
Hawaiian spirulina powder	Medium salsa	Vegetable bouillon cubes
Herbal coffee		