

Amy Chaplin

## PANTRY ESSENTIALS



### WHOLE GRAINS

- Short Grain Brown Rice**  
Purifies the blood. Expels toxins. High in B vitamins
- Sweet Brown Rice**  
Delicious. Easy to digest. Higher protein than short grain brown rice. Strengthening for the kidneys
- Regular Rolled Oats**  
Helps reduce cholesterol and regulate weight. Soothes and restores nervous system. Strengthens the spleen-pancreas.
- Quinoa, Brown**  
Complete protein. High in iron. Contains more calcium than milk. Quick Cooking.
- Millet**  
The only alkalizing grain. Easily digestible. Highest Iron content of all grains.
- Spelt Berries**  
Lower gluten content and higher protein than wheat. Nutty. Hearty. Versatile.
- Amaranth**  
Similar amino acid and protein profile to quinoa. Sacred food of the Aztecs.
- Corn Grits/Polenta**  
Sweet tasting and quick cooking comfort food. Soothing for the stomach.
- Forbidden Black Rice**  
Great for breakfast and puddings. High in antioxidant and anti-inflammatory properties due to its black pigment.

### DRIED BEANS / PROTEIN

- Chickpeas**  
My all-time favorite. Creamy. Delicious. Iron rich.
- Black Beans**  
Doubly healing for the kidneys. Good for lower back and knee pain.
- Aduki Beans**  
Tonifies kidney and adrenal function. Detoxifies and promotes weight loss.
- Kidney Beans**  
Creamy texture. Lovely deep red color. Delicious marinated or in stews.
- Mung Bean**  
Soothing. Detoxifying. Helps treat high blood pressure. Shorter cooking time than other beans.
- French Lentils**  
Boosts vitality and high in protein. Quick cooking.
- Red Lentils**  
Beneficial for the heart and circulatory systems. Great for quick soups.
- White Beans, Navy beans or Cannellini beans**  
Both benefit the lungs and promote beautiful skin. Very versatile.
- Lima Beans**  
Highly alkalizing. Beneficial for the liver. Lovely texture for soups.
- Tempeh (keep refrigerated)**  
High in protein. Contains Omega-3 fatty acids and natural antibiotic properties. Delicious, nutty flavor.

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### SEEDS, NUTS AND BERRIES

- Pumpkin Seeds**  
Good source of Omega 3 fatty acids. Helps fight parasites. Always eat toasted. One of my favorite snacks
- Black Sesame Seeds**  
Benefits the liver and kidneys. Helps prevent gray hair.
- Unhulled Brown Sesame Seeds**  
Great source of calcium, protein, and iron. Delicious sprinkled over grains.
- Hemp Seeds (keep refrigerated)**  
Convenient source of protein. Rich, creamy texture.
- Flax Seeds (keep ground flax in refrigerator)**  
Highest plant source of Omega-3 fatty acids. Grind and sprinkle over meals or soak whole seeds overnight and blend into smoothies.
- Chia Seeds**  
The second highest source of Omega-3 fatty acids. Great endurance food.
- Almonds & Almond Butter**  
The only nut that alkalizes the blood. High in calcium.
- Goji Berries**  
Antioxidant rich super food. Improves immunity. Anti-aging.
- Dried Mulberries**  
Contain the heart healthy antioxidant resveratrol, vitamin C and iron.
- Frozen Blueberries**  
High in antioxidants. Delicious stirred into cooked oatmeal.

### SEAWEEDS

- Kombu**  
Add to broth, soups, grains and beans to infuse with minerals and increase nutritional value of meals while making them more digestible.
- Arame**  
Promotes lustrous hair and beautiful skin. Benefits the thyroid.
- Nori Sheets**  
Convenient way to get all the benefits of seaweed. Highest in protein. Reduces cholesterol.
- Dulse**  
High in iodine and B vitamins, helps promote deep restful sleep.
- Agar Agar**  
Little to no taste. Used in desserts. Promotes weight-loss.

### MY FAVORITE WHOLE GRAIN PASTAS AND NOODLES

- Spelt Ribbon Pasta**  
Lovely flavor. Great with caramelized onions, goat cheese and a roasted seasonal vegetable.
- Kamut Spirals**  
High protein. Great with pesto or tomato sauce.
- Whole Wheat Linguini**  
Lovely with lemon, olive oil, hot pepper flakes, parsley and Parmesan.
- Brown Rice Fettuccini**  
Great with succulent sauces and Asian inspired dishes. Cook carefully!

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### INGREDIENTS FOR MAKING BAKED TREATS

- Whole Spelt Flour**  
My favorite flour for baking. Less gluten than wheat. Use sprouted spelt flour whenever possible.
- Whole Wheat Pastry Flour**  
Perfect for replacing white flour in baking. Use sprouted wheat flour whenever possible.
- Brown Rice Flour**  
Adds crispness to crusts and cookies.
- Almond Meal**  
Great for gluten free baking. Adds richness and moisture to cakes.
- Dried Coconut Flakes**  
Delicious flavor. Adds richness to cakes, cookies and nut milks.
- Dark Chocolate Bar 72% and Above**  
Deep rich flavor. Great for my dark chocolate tart!
- Pure Maple Syrup**  
Contains less sucrose than sugar, making it a more healthful choice.
- Brown Rice Syrup**  
A gentle sweetener. Helps maintain mineral balance in the body.
- Yakon Syrup**  
One of the healthiest sweeteners from an Amazon root vegetable.
- Pure Vanilla Extract and Beans**  
An absolute must for all good desserts!

- Arrowroot Powder**  
Used to thicken vegan puddings and creams. Good alternative to cornstarch.
- Baking Powder & Baking Soda**  
Essential for cakes and muffins. Always buy aluminum-free baking powder.

### OILS

- Extra Virgin Olive Oil**  
Versatile. Most trusted vegetable oil. Lowers bad cholesterol.
- Cold Pressed Flax Oil (keep refrigerated)**  
Tasty and omega rich. Everyday oil for salads and drizzling, not for cooking.
- Unrefined Sesame Oil (untoasted)**  
Mild tasting. Detoxifying and anti-microbial properties.
- Toasted Sesame Oil**  
Great for adding rich toasty flavor to vegetables and dressings.
- Coconut Butter**  
Unrefined. Contains flesh and oil, making it more of a whole food ingredient. Use to enrich curries, desserts and smoothies.



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### VINEGARS

- Raw Apple Cider Vinegar**  
Cleansing. Healing. Energizing. Helps acid alkaline balance. Contains live enzymes.
- Brown Rice Vinegar**  
Naturally fermented. Warming and Energizing. Helps Reduce accumulations in the liver.
- Umeboshi Vinegar**  
Balancing. Alkalizing. Enhances digestion. Strengthens blood. Great for salads and bean dishes.
- Balsamic Vinegar**  
Delicious sweet flavor. Adds depth to sauces and stews. Very versatile.
- Red Wine Vinegar**  
Tasty addition to salad dressings and marinades.

### SPICES

- Tumeric**  
Anti-inflammatory and antibacterial. Highest known source of beta-carotene. Strengthens immunity.
- Cayenne Pepper**  
Promotes good circulation. Detoxifying and anti-inflammatory.
- Cumin Seeds**  
Benefits digestive system and liver. Essential in my curry powder and Mexican inspired bean dishes.
- Cinnamon**  
Anti-inflammatory and anti-microbial. Increases digestibility of carbohydrates.

- Red Chili Flakes**  
Good source of vitamin A. Tones stomach, lungs and colon. Increases circulation. I love adding a pinch to pasta sauces.
- Bay Leaves**  
I cook them with beans for a deep aromatic flavor. They can help prevent gas too!
- Dried Oregano**  
Flavor keeps well when dried. I love to add it to bean dishes. Oregano oil is an excellent natural antibiotic

### SEASONING AND CONDIMENTS

- Naturally fermented Tamari or Shoyu**  
Great everyday seasoning. Tamari is gluten free.
- Umeboshi Paste**  
Alkalizing. Excellent for nausea and stomach upset. Delicious on sweet corn!
- Sea Salt**  
Best quality salt. Minerals intact.
- Black Pepper Corns**  
Anti-inflammatory. Protects against viruses. Always use freshly ground!
- Raw Sauerkraut or Kimchi**  
Helps regenerate intestines. Stimulates digestion. Enhances immunity.
- Wheat Germ**  
High in Vitamin B and E. Enhances stamina. Great for sprinkling over oatmeal or granola.

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### VEGETABLES TO HAVE ON HAND

- Garlic**  
Helps eliminate toxins and protect against viruses.
- Onions**  
Great for lowering cholesterol and high blood pressure.
- Fresh Ginger Root**  
Stimulates digestion. Both warming and cleansing.
- Greens that keep well; Collards and Kale**  
High in calcium and iron. Detoxifying and cancer fighting.
- Parsley**  
High in vitamin C, iron and magnesium. Excellent for the kidneys.
- Scallions**  
Antifungal. Great for fighting colds.
- Radishes**  
Helps to cleanse gall bladder and absorb fat.
- Other vegetables that keep well:**  
Carrots, celery, winter squash, turnips, beets and cauliflower

### RESOURCES

Healing with Whole Foods *Asian Traditions and Modern Nutrition*.  
By Paul Pitchford.

The New Whole Foods Encyclopedia *A Comprehensive Resource for Healthy Eating*. By Rebecca Wood.

### A COUPLE OF CANNED ITEMS

- Crushed Tomatoes**  
Great for adding to bean or lentil soups and making quick pasta sauces.
- Coconut Milk**  
Quick way to enrich soups and curries. Excellent for cake frostings.

### MISO (keep refrigerated)

Always buy naturally fermented and unpasteurized. Protects against environmental toxins. Anti-carcinogenic and alkalizing. Rich in amino acids and protein. Aides digestion.

- Chickpea Miso**  
My all time favorite for all-season soups and marinades.
- White Miso**  
Sweet tasting. Great for dressings and blending with other misos.
- Barley Miso**  
Rich and hearty. Perfect for wintery miso soups. Delicious blended with white miso.

### CRACKERS

- Black sesame crackers**  
My favorite snack on the go.
- Brown Rice Cakes**  
Yummy with avocado and miso.
- Oat Cakes**  
Great with fresh goat cheese.