

amy chaplin

celebrating the art of eating well

P A N T R Y E S S E N T I A L S

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 alkalinizing 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.

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.

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 alkalinizing. 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.

SEASONING AND CONDIMENTS

- Naturally fermented Tamari or Shoyu**
Great everyday seasoning. Tamari is gluten-free.
- Umeboshi Paste**
Alkalinizing. 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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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.

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!

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.

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.

SEAWEEEDS

- 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.

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P A N T R Y E S S E N T I A L S

SPICES

- Turmeric**
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.

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.

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.

MISO (keep refrigerated)

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

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.

To learn more about how to use these ingredients in delicious recipes, visit www.amychaplin.com