

# Kitchen Staples

## Spices

Sea Salt  
Black pepper  
Chili powder  
Crushed red pepper  
Dried oregano  
Dried basil  
Dried thyme  
Garlic powder  
Cayenne  
Cumin  
Paprika  
Turmeric  
Cinnamon

## Fats + Oils

Olive Oil  
Coconut Oil  
Toasted Sesame Oil  
Nut Butter

## Freezer

Chicken  
Ground Turkey  
3 varieties of  
frozen veggies  
Cauliflower rice

## Dry + Canned Goods

Quinoa  
Oats  
Chia seeds  
Nuts (variety)  
Red Wine Vinegar  
Apple Cider  
Vinegar  
Mustard  
LS Soy Sauce  
Canned tomatoes  
Tomato Sauce  
Canned beans  
Canned salmon +  
tuna