

# CGO WELLNESS



## *Pantry Checklist*

*\*Italicized are brand recommendations\**

☐ **Cooking Oils:** Avocado oil, coconut oil, extra virgin olive oil, & ghee

☐ **Proteins:** Canned/pouched (Sardines, tuna, salmon), protein powder (collagen peptides, plant-based, grass-fed whey), & Jerky (*Epic bar, Chomps*)

☐ **Nuts, Seeds & Butters:** Almonds, walnuts, cashews, pistachios, flaxseed, chia seeds, hemp seeds, pumpkin seeds, tahini, nut butters *\*no added oils or sugars\**

☐ **Quality Carbohydrates:** Rolled oats, lentils, beans, peas, sprouted breads (*Ezekiel, Angelic Bakehouse, Silver Hills*), pasta (edamame, chickpea, black bean, legume), quinoa, buckwheat, & wild rice

☐ **Snacks:** Crackers (*Mary's Gone Crackers, Flackers, Simple Mills*), Chips (*Siete*), Granolas (*Purely Elizabeth*)

☐ **Sauces & Dressings:** No sugar added: (tomato sauce, ketchup, barbeque) bone broth, apple cider vinegar, coconut aminos, mustard, vegetable broth, olive oil/avocado oil dressing (*Primal Kitchen*), hot sauce, balsamic vinegar

☐ **Seasonings:** Pink Himalayan salt, nutritional yeast, ginger, cinnamon, turmeric, paprika, bay leaves, cayenne pepper, & garlic powder

☐ **Baking:** Almond flour, coconut flour, coconut sugar, honey, cacao powder, vanilla extract, dark chocolate (>70%), baking powder & soda