

rachl mansfield

clean eating pantry staples

these ingredients are great to have on hand and include in your weekly grocery shopping.

*organic when possible

Fruit

Apples*
Bananas
Kiwis*
Berries (frozen cuts cost)*
Mangos
Lemons
Limes
Avocado
Medjool Dates*

Beans/Legumes

Chickpeas*
Lentils*
Black beans (no salt)*
Hummus (Hope Foods,
Cedar's, Cava)

Protein Sources

Wild Salmon
Chicken breast (hormone-free)*
Ground Turkey*
Grass-fed Beef*
Canned Tuna (Safe Catch)
Ground Chicken (hormone-free)*

Vegetables

Arugula*
Zucchini*
Carrots*
Onion
Mushrooms*
Sweet potatoes*
Spinach*
Frozen Veggies*
Cauliflower*
Spaghetit Squash
Garlic*
Brussels Sprouts*

Nuts & seeds

Pumpkin seeds*
Unsalted nuts - walnuts
almonds, cashews, pine
nuts, peanuts*
Chia seeds*
Flax seeds*
Coconut Butter (Eating
Evolved)
Nut Butter - almond,
peanut, cashew*
Sunflower seed butter*

Dairy-ish

Hormone-free dairy yogurt
Pasture-raised eggs*
Sheep's milk cheese*
Goat cheese*
Nut cheese (Kite Hill)
Almond milk (The New Barn)
Coconut milk (So Delicious, Califia Farms)
Almond or coconut milk yogurt (Kite Hill,
Anita's)

Baking Supplies

Almond flour*
Coconut flour*
Oat flour*
Coconut oil*
Cinnamon*
Cacao powder*
Baking powder
Vanilla extract*
Dark chocolate chips (Enjoy Life Foods, Lily's Sweets)
Unsweetened applesauce*
Coconut sugar*
Raw honey*
Maple syrup*
Canned pumpkin*
Simple Mills baking mixes

Beverages

Kombucha (Healthade, GT's)
Suja
REBBL
Zevia
Coffee*
Herbal tea* (PUKKA)
Bone broth* (Bonafide Provisions)

Hope you all love & find this helpful next time you are in the store. This list is just part of what I use often and I hope you each love!

xx, Rach

Cooking Supplies

Avocado oil*
Sesame oil*
Hot sauce*
Buffalo sauce*
Dijon mustard*
Honey mustard*
Mayo* (Chosen Foods, Tessemae's)
Turmeric*
Garlic powder*
Cooking sprays (Chosen Foods)
Apple cidear vinegar
Sea salt
Black pepper
Red pepper flakes
Veggie burgers (Hilary's Eat Well)
Veggie sausages (Hilary's Eat Well)

Random things & brands I love

Elemental Superfoods Bars and Crumbles
Perfect Bars
GoMacro Bars
Eating Evolved (coconut cups & bars)
Raaka Chocolate
Simply 7
Siete Foods tortillas & chips
Vital Proteins Collagen Peptides
Oat My Goodness
Purely Elizabeth
Steve's Paleo Goods
Bob's Red Mill
Barely Bread
Simple Kneads