



GOOD FOOD FIGHTER'S POWER PANTRY CHECKLIST 2021

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COOKING & FLAVORING OILS

For cooking I use olive, coconut, avocado, and ghee. The higher the phenol level of olive oil, the higher the smoke point, and that will allow you to use for higher heat applications. I do not recommend frying with it. Macadamia nut oil has a very high smoke point. Macadamia, olive, flaxseed, black seed and pine nut oils are all great for salad dressings or drizzling on roast vegetables. They are all really healthy but have strong flavors so try experimenting with them.

- ☐ avocado oil [Primal Kitchen Avocado Oil](#)
- ☐ black seed oil [Pure Indian Foods](#)
- ☐ coconut oil [Nutiva Organic Virgin Coconut Oil](#)
[Dr. Bronners Organic Virgin Coconut Oil](#)
- ☐ grass fed ghee [Fourth and Heart Grass Fed Ghee](#)
[Pure Indian Foods Coconut Ghee](#)
- ☐ macadamia nut oil [Brookfarm Premium Grade Macadamia Nut Oil](#)
[Australian Mac Nut](#)
- ☐ olive oil [Nunez de Prado Organic Extra Virgin Olive Oil](#)
[Texas Hill Country Olive Oil Company](#)
[Bragg Extra Virgin Olive Oil](#)
[Rallis Ice Pressed Olive Oil](#)
[Gaea Greek Extra Virgin Olive Oil](#)
[Kasandrinos Extra Virgin Olive Oil](#)
[McEvoy Organic Olive Oil](#)
- ☐ pine nut oil [Siberian Tiger Naturals Pine Nut Oil](#)

NUTS

Packed with vitamins and minerals, you can integrate them in almost any dish: salads, soups, eggs, oatmeal, yogurt, casseroles, meat rubs. I buy in bulk and look for organic, sprouted, non-fumigated.

- ☐ almonds (buy organic: conventional are often heavily sprayed)
- ☐ brazil nuts
- ☐ macadamia
- ☐ pecans
- ☐ pili nuts
- ☐ pine nuts
- ☐ walnuts

NUT BUTTERS

There are so many varieties. I like to spread them on bananas, red pepper, carrots, and celery.

- ☐ almond [Artisana Raw Nut Butters](#)
[Woodstock Organic](#)
- ☐ hazel-pili butter [Expedition Hazel-Pili Butter](#)
- ☐ no-nut butter [Sunbutter](#) (no added sugar)
- ☐ seed-nut combo [Nuttzo 7 Nut and Seed Butter](#)

SEEDS

Sprinkle on everything—yogurt, salad, soup, omelettes, smoothies. A very potent source of nutrients! You can usually find these cheaper in bulk.

- chia seeds [Sunfood Organic Black Chia Seeds](#)
 [Nutiva Organic Black Chia Seeds](#)
 [Mamma Chia](#)
 [Tru Roots Organic Chia Seeds](#)
- flax seeds [Spectrum Cold-Milled Organic Ground Flax Seed](#)
 [Bob's Red Mill Golden Flaxseed](#)
- hemp hearts [Manitoba Harvest Hemp Hearts](#)
 [Navitas Hemp Hearts](#)
- pumpkin [Go Raw Sprouted Pumpkin Seeds](#)
 [NOW Raw Pumpkin Seeds](#)
 [Sun & Swell Organic Roasted Pumpkin Seeds](#)
- sunflower [NOW Organic Sunflower Seeds](#)
 [South 40 Snacks](#)

SNACKY FOODS

When you're feeling munchy and produce just won't do. I prefer grain and gluten free. Processed food is never as good as whole foods, so don't go crazy with these!

- banana chips [Bubba's Nana Chips](#)
- cauliflower crackers [From the Ground Up cauliflower crackers](#)
- coconut chips [Dang Coconut Chips](#)

MORE SNACKY FOODS...

- crackers [Jilz Crackerz](#)
- flaxseed crackers [Flackers Organic Crackers](#)
- grain-free tortilla chips [Siete Grain-free Tortilla Chips](#)
- potato chips [Kettle Potato Chips, with Avocado Oil](#)

- ☐ protein bars [Boulder Canyon Avocado Oil](#)
- ☐ seaweed squares [Creation Nation DIY Protein Bars](#)
- ☐ sprouted seed crackers [GimMe Organic Seaweed Squares](#)
- ☐ sweet potato chips [Sea Snax Seaweed Sheets](#)
- ☐ cookies [Simple Mills Sprouted Seed crackers](#)
- ☐ [Jackson's Honest Sweet Potato chips](#)
- ☐ [Sun & Swell Cookie Bites](#)

DRIED FRUIT

Go easy, as dried fruit has very concentrated sugar. Look for things you can't find fresh. All of the below are superfoods!

- ☐ dried figs
- ☐ dried unsulphured apricots
- ☐ goji berries
- ☐ mulberries
- ☐ yellow (golden) raisins

PASTA

I don't eat most American flour, but I also avoid pasta made from soy, rice, potatoes or other high-glycemic flours. Here are some that are made from black beans, green lentils, chickpeas, Einkorn, and konjac root.

- ☐ black bean, lentil, chickpea [Explore Cuisine](#) (some contain rice)
- ☐ einkorn pasta [Jovial Foods Einkorn Pasta](#)
- ☐ organic shirataki pasta [Liviva Foods](#)
- ☐ [Miracle Noodle](#)
- ☐ lentil, rice, pea [Modern Table](#)

OTHER GRAINS

Use sparingly. All grains should be soaked/sprouted to eliminate anti-nutrients.

- ☐ germinated brown rice [Tru Roots](#)
- ☐ wild rice [NOW Real Food](#)
- ☐ oatmeal [Bob's Red Mill Steel Cut Oats](#)
- ☐ quinoa [Tru Roots](#)

CANNED FISH

These are some of the most nutrient dense foods on earth. Eat bones and skin to maximize nutrition. If you have kids, introduce them early on. Makes a great quick meal! These can be canned in water or olive oil.

- ☐ kippers [Bar Harbor kippers](#)
- ☐ sardines [Henry and Lisa wild sardines](#)
[Wild Planet](#)
[Bela Brand seafood](#)
- ☐ salmon [Vital Choice wild sockeye Salmon](#)
[Wild Planet pink salmon](#)
- ☐ tuna [Wild Planet skipjack wild tuna](#)
[Safe Catch Elite pure wild tuna](#)

ANIMAL & PLANT BASED JERKY

A good on-the-go non-perishable protein source.

- ☐ traditional jerky [Ayoba-Yo Biltong](#)
[ATX Homemade Jerky](#)

- jackfruit plant based jerky [Snack Jack Plant Based Jerky](#)
- meat-based power bars [Epic Bars: turkey, venison, bison, etc](#)
[Wild Zora lamb bars](#)
- stick form jerky [Nick's Sticks: free range turkey, etc](#)
[Mission Meats grass fed beef](#)

BEANS

Add to salad for extra protein or to a grain-free tortilla wrap with egg, or to a veggie stir-fry or chili.

- organic black beans [Field Day](#)
[Eden](#)
- organic kidney beans [Field Day](#)
[Eden](#)
- organic chickpeas [Westbrae](#)
[Eden](#)
- organic sprouted lentils [TruRoots](#)

SOUP

A perfect 3-minute meal. Heat up at home or work or send in thermos for kids' school lunch.

- lentil soup [Amy's Soups](#)
- kale quinoa soup [Amy's Soups](#)
- caribbean black bean [Sprague Soups](#)
- Tuscany minestrone [Sprague Soups](#)

SALAD DRESSING

I like olive and avocado based dressings and avoid all those made with

soybean, canola, sunflower, and other industrial seed oils.

- ☐ Pick your flavor! [Primal Kitchen](#)
- ☐ olive oil + apple cider vinegar - [Bragg Organic Vinaigrette Dressing](#)
- ☐ lemon avocado vinaigrette - [Flower Child Vinaigrette Lemon Avocado](#)
(This Flower Child brand is made with less healthful grapeseed, but it's irresistible)
- ☐ Newman's Own [Avocado Oil Greek](#)

OTHER

- ☐ artichoke hearts [Native Forest](#)
- ☐ collagen hydrolysate [Great Lakes](#)
- ☐ vegetable protein [Premier Nutritional Flakes](#)
- ☐ bone broth [Jarrow](#)
- ☐ hemp seed protein [Nutiva](#)
- ☐ non-sugar sweetener [Stevia Drops](#)
[Lakanto Liquid Monkfruit extract](#)

CONDIMENTS

There are many good choices but always check ingredients list for purity—stay away from added sugars, preservatives, thickeners, words you can't pronounce, etc.

- ☐ apple cider vinegar [Bragg Organic Apple Cider Vinegar](#)
- ☐ avocado oil mayo [Primal Kitchen](#)
- ☐ balsamic vinegar [Bariani California](#)
[Texas Hill Country Olive Oil](#)
- ☐ beef/veggie bouillon [Edward & Sons](#)
- ☐ BBQ sauce [Paleochef, peach flavor](#)
- ☐ coconut aminos [Coconut Secret](#) (like soy sauce but Healthier)

- ☐ organic coconut sugar
- ☐ organic coconut milk
- ☐ cocoa butter
- ☐ honey
- ☐ jalapeno/habanero sauce
- ☐ mustard
- ☐ ketchup

[Big Tree Farms](#)
[Native Forest](#)
[Artisana](#)
[Manuka Health from New Zealand](#)
[Y.S. Eco Bee Farms](#)
[Yellowbird Sauce](#)
[Primal Kitchen](#)
[Woodstock Stoneground](#)
[Primal Kitchen](#)
[Good Food for Good](#)

MORE CONDIMENTS...

- ☐ organic tamari gluten-free soy sauce
- ☐ red wine vinegar
- ☐ sriracha sauce
- ☐ tomato sauce

[San-J Gluten Free Soy Sauce](#)
[Eden Foods](#)
[Paleo Chef sriracha](#)
[Yellowbird Sauce](#)
[Yo Mama's Marinara](#) & [Cucina Antica](#)

HERBS

Try buying in bulk from companies like [Thrive](#) and [Frontier Co-op Wholesale](#) that carefully vet their products for high standards and guarantee no irradiation. I also like the [Simply Organic](#) brand.

- ☐ basil
- ☐ black pepper (use a grinder so it's fresh)
- ☐ cayenne pepper
- ☐ cinnamon
- ☐ cocoa powder
- ☐ curry powder
- ☐ Italian seasoning
- ☐ oregano
- ☐ pure vanilla extract
- ☐ salt - himalayan/pink

[Simply Organic Madagascar vanilla extract](#)
[Premier Pink Salt Premier Research Labs](#)

[Frontier Himalayan Salt](#) (or other brand)

- ☐ thyme
- ☐ turmeric

COFFEE

I'm a big fan of coffee with butter and MCT oil. Here's the original Bulletproof Coffee recipe.

- ☐ Bulletproof Coffee (all flavors)
- ☐ [Chameleon cold brew \(all flavors\)](#)
- ☐ Bulletproof MCT Oil

TEA

Loose is usually fresher and more potent. I buy in bulk from my co-op.

Here is the perfect teapot for using loose leaf tea:

PluieSoleil Borosilicate Glass Tea Pot with Tea Strainers for Loose Leaf Tea, Microwavable and Stovetop Safe

Here is the perfect mug for using loose leaf tea:

[Tea Forte Ceramic Kati Cup with Tea Infuser](#) (many designs)

PACKAGED LOOSE LEAF TEA

- ☐ genmaicha green tea Eden Foods Genmaicha Tea
- ☐ turmeric tea Nature's Harvest Turmeric Latte Mix
- ☐ youpon tea Lost Pines

PACKAGED LOOSE LEAF COFFEE ALTERNATIVE:

- ☐ Dandy Blend (dandelion, chicory root, beet root, barley and rye)

CHOCOLATE

Raw chocolate is the healthiest. Eat the darkest you can manage and keep raising the percentage. Milk chocolate has way too much sugar and I'm not a fan of milk powders. White chocolate is not really chocolate. The best brands use no emulsifiers, no soy lecithin, no refined or cane sugar and no dairy.

☐ AlterEco Deepest Dark Super Blackout 90%

(if you need to start with a lower percentage)

☐ Eating Evolved, Keto Cups (all flavors)

☐ Endangered Species Panther 88%

☐ Hu dark chocolate

☐ Loving Earth 72%

☐ Navitas Naturals Organic Cacao Powder

☐ Sunfood Organic Cacao Powder

WHERE TO SHOP

NOTE: If these products are not available in your area or online, enter the product category (like “tomato sauce” and look for a similar product with good ingredients (no added sugar, preservatives, additives, things you can’t pronounce, things that don’t sound like food).

SHOP ONLINE

○ **Thrive Market – thrivemarket.com**

Thrive Market requires a membership, but the products are cheaper than in grocery stores, and they do offer free shipping over \$49 and free 30-day trial, so you will make back your money quickly.

They also have their own line of products for further discounts: spices, condiments, nuts, flours, protein powders, snack munchies and more. Consider Thrive’s kits like their [natural home cleaning product kit](#) and their [keto diet starter kit](#).

○ **Frontier Co-Op Wholesale – wholesale.frontiercoop.com**

Member owned co-operative. Huge selection of quality spices and essential oils. They buy direct from responsible, sustainable sources and certified organic when possible. They were the first to launch non-GMO project verified products.

○ **Natural Grocer - naturalgrocers.com**

An awesome feature of the website is that you check the boxes that apply to you, for example: vegetarian, gluten-free, sustainably farmed, and kosher.

○ **Brandless – brandless.com**

A good place to shop for discounted home and cleaning supplies.

○ **Amazon**

I prefer to support local businesses, small businesses, independent businesses, women-owned businesses, etc. but there’s always Amazon...



Have items I should add to this list? Comments or questions?

Give me a shout at hello@goodfoodfighter.com!

Here’s to Happy & Healthy Eating,

~ Nina the Good Food Fighter