

## Pantry Items

This is a list of ingredients to have on hand to make GAPS cooking easier and more delicious. Many of these ingredients can be homemade if a GAPS approved option is not available at your local grocery. All of them must be free of chemical preservatives, colors, and flavors, as well as gums, starches, and added sweeteners. Buy organic and pasture-raised whenever possible. Nuts and seeds should be refrigerated for optimal freshness.

### CANNED/BOTTLED\*

- extra virgin olive oil
- avocado oil
- virgin coconut oil
- full-fat coconut milk
- coconut aminos
- raw apple cider vinegar
- unsweetened applesauce
- tomato products
- sardines
- anchovies
- capers
- mayonnaise
- salad dressings
- ghee
- duck fat
- pork lard
- beef tallow
- lamb tallow
- broth
- raw honey
- natural vanilla extract
- nut/seed butters

### BAKING/SPICES

- salt
- kelp or other sea vegetable granules
- organic spices
- organic dried herbs
- baking soda
- coconut flour
- cocoa powder
- grassfed gelatin
- raw nuts and seeds
- shredded coconut flakes
- dried and/or freeze-dried fruit

### SNACKS

- Sun Krunch (GAPS friendly granola)
- Sea Snax
- EPIC bars
- Larabars
- Grassfed beef jerky
- Free range turkey jerky
- Kale chips

\*Choose items in glass whenever possible.

## Fridge or Freezer Items

Having a variety of pre-chopped and washed veggies and cuts of meat in the freezer is a life-saver for those days when you haven't had a chance to go to the grocery store. Of course, these items could be stored in the refrigerator as well. Some items, like eggs and fermented products, shouldn't be frozen but can be stored for weeks in the refrigerator.

### MEATS/SEAFOOD

- organic pastured chicken, turkey, or other poultry- whole, bone-in cuts with skin, or ground
- chicken heads and feet
- organic pastured pork
- beef, bison, and/or lamb
- bones from organic, pastured animals
- wild shrimp and shellfish
- wild fish
- fish heads, fins, and spines
- uncured sugar-free bacon
- meat stock
- bone broth

### PRODUCE

- green peas
- green beans
- riced or chopped cauliflower
- broccoli
- chopped carrots
- berries
- greens
- winter squash
- onions
- garlic

### REFRIGERATOR

- pastured fresh eggs
- raw nuts and seeds and nut/seed flours
- sauerkraut or other fermented vegetable
- beet kvass
- 24-hr kefir, yogurt, and sour cream