

GLUTEN FREE

# Your Pantry Essentials

from **JOYFOODLY**

## Frozen Goods

### VEGETABLES

Green Beans  
Baby Peas  
Any Frozen Veggie!

### FRUIT

Mixed Berries

### BREADS, ETC

GF Tortillas  
GF Bread  
GF Pie Shells

**WHAT IS THE PURPOSE OF A PANTRY?** To have food on hand for easy weekday cooking and eating.

**HOW MUCH OF EACH ITEM SHOULD YOU HAVE ON HAND?** This depends on your family size and food consumption each week. A general rule of thumb is that you keep certain pantry items always stocked, so when you see one is running low you replace it.

**HOW LONG WILL EACH ITEM KEEP?** Fresh produce generally has 1-2 weeks max; unopened dried goods can keep anywhere from 1-2 years depending on the item; frozen items are about a six month time limit on average.

## Dry Goods

### SPICES

Cumin  
Turmeric  
Curry  
Cinnamon  
Nutmeg  
Hot: Cayenne, Hot Pepper  
Flakes, Aleppo Pepper  
Smoked Paprika  
Dried Parsley  
Dried Onion  
Oregano  
Kosher Salt  
Black Pepper  
Bay Leaves

### SNACKS

Nuts (walnuts, almonds, pecans)  
Non-GMO Popcorn Kernels  
GF Corn Tortilla Chips  
Dried Fruits  
Olives

### OILS / CONDIMENTS

Olive Oil  
Coconut Oil  
Almond or Nut Butter  
Dijon Mustard  
Organic Ketchup  
GF Soy Sauce (Tamari)  
Sesame Oil  
Jarred Organic Tomatoes  
Capers  
Tomato Paste

### GRAINS

Quinoa  
Brown Rice  
Oats  
GF Quinoa Pasta

### VINEGARS

Balsamic  
Rice Wine  
Apple Cider Vinegar  
Champagne Vinegar

### STOCKS / SAUCES

Vegetable Stock  
Chicken Stock  
Tomato Puree

### SWEETENERS

Honey  
Maple Syrup  
Agave Nectar

### BEANS

Chickpeas (canned)  
Black Beans (canned)  
Green, Black, or Orange  
Lentils (dried)

### BAKING SUPPLIES

Baking Powder  
Baking Soda  
All Purpose GF Flour  
Quinoa Flour  
Dark Chocolate Chips  
Vanilla Extract  
Unsweetened Apple Sauce  
Organic Turbinado Sugar  
Coconut Baking Sugar

**MORE PANTRY INFO:** Websites: The Kitchn, iVillage, Whole Living / Authors: Mark Bittman, Alice Waters / Blogs: Eating Made Easy, 100 Days of Real Food

## Fresh Goods

### CITRUS

Lemons  
Limes  
Oranges

### HERBS

Parsley  
Cilantro  
Thyme

### SNACKS

Fresh Salsa  
Hummus  
Guacamole

### FRUITS / VEGGIES

Garlic  
Onions  
Celery  
Carrots  
Sweet Potatoes  
Seasonal Greens  
Cruciferous Vegetables  
Seasonal Fruits  
Canned Artichokes

### DAIRY

Plain Yogurt  
Your Choice Milk (Reg /  
Almond / Coconut)  
Parmesan Cheese + any  
other cheese you love

### PROTEINS

Eggs  
Chicken Breasts  
Deli Turkey

### FATS

Butter  
Cheese

## Salad Dressings, Dips, Snacks

### SALAD DRESSINGS

**Basic Recipe:** ¼ c. vinegar, ½ c. olive oil, 1/8 c. honey, 1 TBS dijon mustard, ¼ tsp salt

Make it Greek: Swap lemon juice for vinegar, add oregano

Honey Mustard: Add more mustard and more honey

Balsamic Vinaigrette: Use balsamic vinegar, more honey

### DIPS

**Ranch Dip:** 1 c. yogurt, 2 TBS apple cider vinegar, 2 TBS olive oil, 4 tsp dried parsley, 4 tsp granulated onion, 1 tsp black pepper

**Hummus:** 1 cooked sweet potato, 1 can chickpeas, ¼ c. olive oil, ¼ c. water, 2 TBS almond butter, 1 TBS honey, ½ tsp cumin, 1 tsp salt

### SNACKS

**Popcorn:** ½ c. kernels, ¼ c. olive oil, 1 - 2 tsp salt

**Trail Mix:** Mixed nuts, dried cranberries, dark chocolate chips

## SAMPLE LAST-MINUTE PANTRY MEALS

**MON** Perfect 14-minute seared chicken breasts in curry powder and the juice of an orange with lemon roasted broccoli and sweet potato fries

**TUE** Last minute veggie pizza (Udi's gluten free crust) with ricotta, mozzarella, asparagus (or your favorite veggies), and hot pepper flakes

**WED** Fast Mediterranean Sauté: sautéed onion, garlic, jarred diced tomatoes, olive oil, hot pepper flakes, white wine (with shrimp, or chicken, or sausage); served over a bed of quinoa

**THU** Smashed roasted squash quesadillas with black beans, spinach, mozzarella cheese, salsa, and cilantro

**FRI** Baked turkey meatballs over pasta with 15 minute tomato sauce, topped with Parmesan Cheese