



Simple healthy PANTRY

What to have and where to get it

For details about my pantry and my list of staples go to:

<http://simplehealthytasty.blogspot.com/2008/08/my-list-of-staples-and-my-pantry.html>

Remember cooking healthy is a lot easier when you have what you need on hand! Below is a list of the best places I have found to get different items. Remember buy in bulk especially the things you know you will use and buy local when you can!

AZURE STANDARD AND/OR LOCAL HEALTH FOOD STORE:

All Bulk Grains, Beans, Sprouting Seeds, Nutritional Yeast, Flax seed, Hemp seed, Sunflower Seeds, Pumpkin Seeds, Raw Cashews, Peanut butter, Baking Soda, Baking Powder, Raw Carob Powder, Carob Chips, Egg Replacer, Olive oil (when on sale), Rice Pastas, Real Salt, Spices, Agave, Pure Maple Syrup, Sucanat, Raw Honey, Ezekiel Bread, Dried Cranberries, Ketchup, Nama Shoyu, Vegetable Glycerin (for making herbal tinctures)

MOUNTAIN ROSE HERBS:

Coconut oil, Single Bulk Herbs, Herbal Tea Blends, Shea Butter, Beeswax and other home remedy making supplies including veggie capsules and capsule machine

DR. CHRISTOPHER'S HERB SHOP:

Dr. Christopher's herbal formulas that we use! Learn more about the ones we use and like at: <http://www.simplehealthytasty.com/2011/02/herbs-our-family-uses.html>

LOCAL FARMERS AND/OR GROUP BUYS:

Wheat, Potatoes, Fresh Veggies and Fruit from Local CSA and Bountiful Baskets, Raw Almonds, Agave

COSTCO, WAL-MART, OR LOCAL GROCERY STORE:

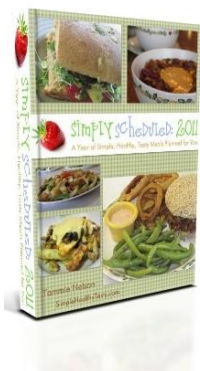
Romaine, Spinach, Lemons, Carrots, Other fruits and veggies, Whole wheat bread, Raisins, 100% fruit leathers, Lara Bars, Canned and frozen foods, whole wheat pastas, sometimes agave and pure maple syrup

Add these to your pantry and get started now:

Raw Cashews
Raw Sunflower Seeds
Nutritional Yeast
Vegenaise
Coconut Oil
Homemade Vegetable Broth Powder

My Favorite Beginning Nutrition Books:

[Dr. Mom's Healthy Living](#)-by Sandra Ellis
[Anything by Dr. John R. Christopher](#)
[Traci's Transformational Health Principles](#)-by Traci Sellers
[Original Fast Foods](#)-by James Simmons
[Diet Decisions for Latter Day Saints](#)-by Joyce Kinmont
[The China Study](#)-by T. Colin Campbell



TOP Ten family Pleaser meals

Meals that are sure to please

Choosing only ten was hard but these are meals that we keep coming back to. Also they are meals that company really enjoys! Although most of the recipes on my blog fit that criteria before I post them.

- 🍓 Taco Sundays
<http://www.simplehealthytasty.com/2010/04/taco-sundays.html>
- 🍓 French Lentil Soup
<http://www.simplehealthytasty.com/2008/04/french-lentil-soup.html>
- 🍓 Mongolian BBQ
<http://www.simplehealthytasty.com/2010/07/mongolian-bbq-and-orange-veggie-stir.html>
- 🍓 Burritos
<http://www.simplehealthytasty.com/2011/01/basic-burritos.html>
- 🍓 Grilled Veggie Sandwiches
<http://www.simplehealthytasty.com/2010/10/grilled-veggie-sandwich.html>
- 🍓 Burrito Casserole
<http://www.simplehealthytasty.com/2010/01/burrito-casserole.html>
- 🍓 Mushroom Stroganoff
<http://www.simplehealthytasty.com/2008/07/mushroom-stroganoff.html>
- 🍓 Sukiyaki
<http://www.simplehealthytasty.com/2010/05/sukiyaki.html>
- 🍓 Creamy Cauliflower Sandwiches
<http://www.simplehealthytasty.com/2008/05/creamy-cauliflower-sandwich.html>
- 🍓 Zucchini Casserole
<http://www.simplehealthytasty.com/2010/06/zucchini-casserole.html>

Treats we make most often:

- Kettle Corn/Popcorn
- No Bake Cookies
- Ice cream/Smoothies
- Cookies
- Cinnamon Rolls