

## Clean Fresh Living's Pantry Makeover List



### Quick Meal Starters:

Chopped Organic Tomatoes- Boxed or Glass Container  
Organic Reduced Sodium Free Range Chicken Stock- Boxed  
Organic Cream of Mushroom Soup Boxed  
Teriyaki Marinade  
Reduced Sodium Organic Tamari Sauce  
Organic Pasta Sauce  
Lentils  
Eden Organics BPA Free No Salt Added Can Black Beans  
Eden Organic BPA Free No Salt Added Can Pinto Beans  
Organic Taco Seasonings & Taco Shells  
Organic Salsa in Glass Jar  
Organic, No Added Sugar or Oil, Nut Butters  
Organic Whole Grain Dried Pasta  
Organic Quinoa  
Organic Brown Rice  
Organic Buckwheat and/or Soba Noodles

### Breakfast Bites:

Ezekiel 4:9 Original Sprouted Whole Grain Cereal  
Organic Steel Cut Oats  
Organic Whole Rolled Oats  
Moms in the Raw Granola Bars (Easy DIY also)  
Organic Whole Grain English Muffins  
Hemp Protein Powder  
Sprouted Organic Buckwheat Groats  
Sprouted Organic Flax Seeds  
Organic Unsweetened Unflavored Almond Milk Boxed

### Mix Ins & Snacks:

Organic, No Sugar Added Dried Cranberries  
Organic Nuts, Walnuts, Pecans, Almonds  
Organic Sprouted Raw Pumpkin Seeds, Sunflower Seeds  
Cacao Nibs  
Organic Stove Top Popcorn Kernels  
Organic Dark Chocolate Bar

### Basic Oils & Baking:

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Organic Pressed Olive Oil. Small Batch, Dark Glass Container  
Organic Canola Oil & Non-Stick Spray  
Organic Coconut Oil  
Coconut Sugar  
Grade B Maple Syrup or Dark Molasses  
Organic Unbleached Flour  
Aluminum Free Baking Powder  
Organic Spices & Herbs  
Unbleached Natural Salts. ie: Himalayan or Celtic