



# GRAIN-FREE PANTRY STAPLE LIST

OILS	FLOURS	DRIED FRUITS
Extra Virgin Olive Oil (EVOO)	Chickpea Flour	Raisins
Coconut Oil	Cassava Flour	Cranberries
Macadamia Oil		Dates
HOME-DRIED HERBS	CORDIALS	SEASONING
Rosemary	Grandadilla-Lemon Twist	Pure Salt
Thyme	Lemon-Mint	Pepper Corns
		Pure Sugar
		Herb Salt (homemade)
LONG-LASTING VEGETABLES	NUTS	OTHER
Potatoes	Raw Cashews	Popped Amaranth
Butternut Squash	Raw Macadamias	Raw Honey
Sweet Potatoes		Eggs (a lot)
Onions		
Garlic		

**NOTES**

Remember to do due diligence and make sure your suppliers are truly gluten-free in all their processes. Also remember that I live in Zimbabwe and these are foods that I can source (relatively) easily. Things may look a bit different on your side of the world.  
 \*\* The cordials are home-made. They are included because I have learnt that I MUST have at least one in stock in my pantry for when me or my son want a sweeter drink.