

We thought we'd pop the pantry section of the course into a neat little printable for the relevant pages to go up on your fridge if helpful and you're a bit newer to it all.

As you know, this e-course is not about steering you to eat a particular type of way other than embracing the real, whole foods way and within that, whatever works for you. Bio-individuality, genes, enzymes, gut health and more will dictate whether some foods work really well for you and others don't. There's also a wide range of availability from supermarket to local health shops and online stores.

This pantry staples list is, therefore, an all-encompassing list to help you start to, over time, stock up - we recognise that this might be a little new to some people on the road to a whole food approach, so we've put together this list to help the newbies as well as perhaps a few seasoned veterans find a new discovery or two. It will be useful, especially if you are going to use our meal plans. We've suggested a few brands (it's by no means the 'only' safe brands, but suggestions if you fancy exploring) and ways to make/use but of course, if you have any questions, our Facebook group is the place to ask!

Online shopping is handy if you want to stay well stocked but low stressed, with it all delivered to your door, so with something like what [The Wholefood Collective](#) have created to be able to support people with more affordable pantry staples, and a community of like minds, we thought we'd mention this too as we love what Laini has created.

Here's what they are committed to:



### Highly vetted foods

No more trying to understand food labels. We dig deeper than the label so you don't need to. A robust panel of experts on nutrition, additives, toxins and gut health screen every product at TWC. Nobody checks like we check.



### Home delivered, pronto.

We wave goodbye to 90% of orders the very next day after you've ordered them!



### Home compostable packing

On all TWC-branded products. Because it matters.



### You happen to save a bit too

Most people save around \$62 each time they do a monthly pantry order. Healthy food should be accessible to every Australian family and you can put that \$62 towards sustainable seafood, regenerative organic meats or other things you need for the family!



### Community

Not just an online shop. Incredible community support and wellness experts at your fingertips.



### Good feels

Your membership triggers the gifting of a free membership to a family in need. Subsidised shopping for those same families is on its way so that more people can access whole foods.

Our friends at **The Wholefood Collective** have created a special **'Thrive Pantry Essentials' category** and are offering an extra 10% off all ingredients for all our Thrive members, alumni included, in this category!

**Note:** You can use this code whether you sign up to a free trial with them, or not. However, you will get around 35-40% off RRP if you get the trial first, which is pretty fabulous for our Thrivers!

### Directions:

1. Snag a free 14-day trial [here](#).
2. Add your fave organic whole foods to cart from the 'Thrive Pantry Essentials List': To see products in the Thrive Pantry Essentials list, click [here](#).

3. Add code **ThriveExtra10** at checkout, to get an extra 10% off already great members prices.
4. Kick back and wait for your friendly delivery person to bring the goods to your door.

**Conditions:**

First time orders only, min \$70 spend, check our Facebook group for expiry date, not be used with any other savings code, 1 use per person.

Obviously no need to print that off, so onto the comprehensive printable pantry list now so that you have it with you when you're next shopping!

Note: While these are our faves, this is by no means every single brand that exists. Now that you're tuned in and can spot additives, trust yourself to look at the ingredient list and make a great decision for your budget and family. Enjoy! Alexx and Bren x

# **PANTRY, FRIDGE AND FREEZER STAPLES LIST**

## **PANTRY STAPLES**

### **Fats & Oils**

- Extra Virgin Olive Oil (Nolan's Road, Alto, Toscana, Cobram Estate and Macro from Woolies)
- Coconut oil – cold pressed (Loving Earth, Spiral, Melrose, Absolute Organics, NUI Life, Macro from Woolies)
- Macadamia Oil – Pressed Purity (Woolies or health shops)
- Avocado Oil
- Unrefined sesame oil (Spiral) – keep in the fridge, for cold use only
- Hemp Seed Oil – keep in fridge, for cold use only
- Flaxseed oil – keep in fridge, for cold use only
- Animal Fats such as tallow and lard from pasture-raised animals \*

\* The most heat stable for cooking are animal fats tallow / lard and high quality Extra virgin olive oils such as Cobram Estate, who've done extensive research to prove it. For medium heats cooking and roasting - coconut, avocado, macadamia and certain olive oils with good acidity that are Extra Virgin Olive Oil (no risk of blended cheap seed oils contaminating it, or weaker 2nd presses that aren't as heat stable) are great too. In Australia's case Alto, Cobram Estate and Nolan's Road are great examples.

## Vinegar

- Balsamic vinegar, (Spiral)
- Apple cider vinegar (Braggs)
- Brown rice vinegar (Spiral)
- Coconut Aminos
- NB: Natural traditional vinegars - vinegars from overseas often contain preservatives or excess sugars so they can survive the long journey to different countries. So make sure to check the label to see if it contains '202', '220' or '223'.

## Sauces

- Wheat-free tamari soy sauce (Spiral)
- Mirin (Spiral brand)
- Fish sauce (Golden boy or Squid brand or Red Boat - ingredients list should be only fish and salt with only 1% sugar, it's fermented and good food Megachef is ok too from Essential Ingredient)
- Sweet chilli (Australian Harvest)
- Tomato passata (always buy in glass - Spiral brand or Divella brand as has no acidity regulator)
- Tinned tomatoes (we don't recommend if you can help it as even if the tin is BPA free, it's still aluminium and therefore leeches because of the tomatoes being high in acidity - use passata as mentioned above)

- Tomato paste (buy in jar, Global Organics brand from health food store is great)
- Tomato passata - Honest to Goodness, Spiral, Bio Natura and Global Organics all do good Passatas without additives.
- Thai Gourmet Red & Green Curry Paste (no nasties, gluten free)
- Mae Ploy brand of Thai curry pastes (no oil or other nasties)
- Tabasco - the whole range is additive free

## **Flour and Baking**

- White spelt flour (Demeter Mills & Kialla Pure Foods brands, Macro also have a range in Woolies)
- Unbleached plain flour (Kialla)
- Wholemeal spelt flour (Four Leaf brand, Bob's Red Mill)
- Buckwheat flour (Kialla or Four Leaf brand)
- Brown rice flour (Four Leaf brand)
- Almond meal (best to refrigerate or freeze)
- Baking powder (Gluten and aluminium free - Lotus, Honest to Goodness, Bob's Red Mill)
- Bicarbonate of soda (Bob's Red Mill)
- Desiccated coconut (look for sulphur-free or '220 free' - Honest to Goodness, Loving Earth, Nui Coconut, Macro sulphur free)
- Shredded coconut (sulphur free - Honest to Goodness, Macro Brand from Woolies and Loving Earth)

- Natural vanilla extract (Chef's choice or make your own)
- Dark chocolate chips (Lotus or Enjoy Life)
- Cacao powder or cocoa powder (Power Super Foods / Honest To Goodness or 'Dutch processed' cocoa powder)
- Medjool dates (Organic Macro brand or buy in bulk from Wholefood Collective or Honest to Goodness)

## **Sweetener**

- Raw honey (Ambrosia brand, Maya, Common Ground, Miellerie, Absolute Organics or any local raw honey)
- Canadian maple syrup (Keejo, Absolute Organic, Planet Organic... there are quite a few more)
- Brown Rice Syrup (Spiral brand or Pure Harvest from Woolies)
- Coconut sugar (Niulife, The Wholefood Pantry, Organic Road in Woolies)
- Rapadura/Panela sugar (Organic Mountain from Woolies, Lotus)
- Billingtons range (certain supermarkets and Harris Farm)
- Pure green powdered stevia leaf (Ovvio organics for example. The white processed stevia is nasty)



## Thickeners

- True arrowroot (Gluten Free Company, Pure Food, Honest to Goodness. Bob's Red Mill. Watch out for preservative 220 in arrowroot. It's not in every brand, but it's lurking around in some such as McKenzies.)
- Cornstarch (always buy organic to avoid risk of genetically modified corn from overseas)
- Tapioca flour (Bob's Red Mill)
- Chia seeds (A great way to add fibre and thicken things up. These little guys are PACKED capital P with goodness. Go easy though and drink lots of water to erm, keep things moving!)

## Grains and pasta

- Brown rice (buy organic and local Australian where possible and avoid China origin due to arsenic levels in the soils)
- Basmati rice (buy organic and local where possible)
- Rolled oats (Lotus, Bob's Red Mill, Macro, uncontaminated "gluten free". If you are coeliac, keep in mind the Coeliac's Association claims that GF oats are still a risk, so chat to your health professional before diving into oats!)
- Quinoa (technically a seed, buy Australian - Kindred Organics, Honest to Goodness)

- Quinoa & Rice pasta or Amaranth & Rice pasta (Olive Green Organics) or Spelt pasta or good quality wheat pasta
- Buckwheat pasta or noodles (Orgran, Spiral - be sure it's the 100% buckwheat one for gluten free families)
- Rice Noodles (thick & thin - Bifun)
- Rice Paper (Asian Grocer or Spiral as they are sturdy and thick)
- Brown Rice crackers (Eatrite brand - tamari and seaweed only, Spiral brand, Ceres)
- Rice Crackers - Sakata Plain have no nasties but watch other brands for 'yeast extract' and other 'natural flavour' both of which are glutamates and can contribute to hyperactivity. Ceres Organics is another good one.
- Buckwheat cruskits (Orgran, Pain des Fleurs)
- Mary's Gone Crackers range of seeded crackers.
- AMISA GF range. Delicious crispbreads.
- Mountain Bread (spelt is best, if you eat grains it's good to rotate the types of grains you eat to prevent intolerance from over exposure to just one grain, You can buy MB online in bulk for cheaper)
- Gluten free wraps (Old Time Bakery, BFree Wholegrain and Primal Alternative) are good options
- Sourdough bread (Sonoma, Iggy's if based in Sydney, Bills in supermarkets, or a good local traditional baker that lets dough fully prove before baking - this enhances bioavailability AND digestibility)

## **Dried herbs and spices**

When it comes to herbs and spices, prioritise organic as they are heavily sprayed. Gourmet Organics or Simply Organic are great brands.

- Damp grey sea salt – fine & coarse / grey Celtic sea salt (Lotus)
- Murray River salt
- Himalayan rock salt
- French fleur de sel
- Fresh ground black pepper
- Cinnamon
- Vanilla extract
- Oregano
- Rosemary
- Sage
- Thyme
- Cumin
- Coriander
- Paprika
- Turmeric
- Ground ginger
- Herbamare (a salt and herb seasoning mix)
- Dulse Flakes (Eden foods brand)

## Canned

When it comes to legumes, we suggest Eden Organic as it's BPA-free and they are soaked in kombu, which aids in digestibility. Really impressive brand but unfortunately hard to get in Australia these days. You can try online. Otherwise go for Ceres or other organic brands.

- Chickpeas
- Lentils
- Red kidney beans
- Black beans
- Cannellini
- Tuna (Safcol and Greenseas sustainable, most other brands have become so - and still have low level bpa, Fish 4 Ever are sustainable and BPA free. Eat tuna no more than 1 - 2 small serves per week due to mercury levels, and stick to small oily fish such as mackerel and sardines to avoid mercury bio-accumulation)
- Salmon (Wild Alaskan, Smoked Sockeye Salmon from Costco's, Paramount Brand - BPA free from Woolies or Canadian Way online, otherwise avoid as almost all other salmon is farmed)
- Coconut milk and cream – Ayam Brand, Honest to Goodness and Banaban, no gums/BPA free.
- NOTE: For tomatoes. Opt for a passata - smooth or chunky - in a glass bottle, over canned, as the acidity in the tomatoes can cause metal leaching. So tomatoes in glass are always best.

## **Fresh Legumes**

Buy organic where possible – and do your best to prepare properly - [READ HERE](#).

- Chickpeas
- Adzuki
- Red Kidney
- Cannellini
- Brown, red and green lentils
- Mung-dahl
- Pinto

## **Bottled goods**

- Mustard (Eden, Biona and Global Organics)
- Mayonnaise - Good Fat (made with olive oil and free range eggs)
- Worcestershire sauce (Melrose - we like this brand because it only uses organic molasses and apple juice concentrate as the sweetener)
- Jam (St Dalfours from supermarket, Super Jam, Absolute Organics, make own, local farmer's market makers)
- Olives (Loving Earth, Absolute Organic, Toscana, Macro. We like these olives because they have no caramel colour or additives commonly found in commercial olive brands)

- Capers (Absolute Organic)
- Apple puree (Organiks)
- Fermented vegetables ( Byron Bay Company, Kehoe's, Peace love and Vegetables OR make your own)
- Nut butter (ABC blend, Ceres, Absolute Organic, Planet Organic or make your own)
- Hulled Tahini (McAyvers in supermarket. Just look for additive-free options)

## Other staples

- Dried fruit (sulphur and sugar free - Macro have a good range and Wholefood Collective)
- Sea Vegetables (dulse flakes, arame, wakame - Power brand, Eden - Canadian origin is best)
- Tea (Nature's Cuppa, Nerida Organic, Tulsi, Pukka, Ovvio, Tea Amo, try to go for organic options of tea , as tea is often heavily sprayed with chemicals)
- Dried shitake mushrooms
- Dried porcini mushrooms
- Gelatin (Vital Proteins, Changing Habits, Great Lakes, Bernard Jansen, GoBio you can get from Kehoe's Kitchen and is made from pig skins and hide and certified organic)
- BeFree gluten free wraps (not totally additive free but for the odd needs to be met, are not too disastrous)

- Coffee (Republica – fair trade organic and carbon neutral as well as Sacred Grounds, Rainforest alliance and Byron Bay Coffee Co)
- Hot chocolate (Republica, Sacred Ground, Green & Blacks)

## **FRIDGE STAPLES**

This is where we focus on produce, not products - While the brands we're mentioning here are predominantly Australian, if you find a health grocer near you or an online ordering system, you will easily find your country's equivalent.

Obviously avoid anything you have an intolerance or allergy to. If your children have constant congestion or inflammation, which will come up in further interviews and topics in the course, you might want to trial the removal of dairy, gluten and eggs for 3 months and see how that might impact their health as those are the 'big three' most likely to aggravate.

### **Dairy**

- Organic and grass-fed milk (Barambah, Ivy Home, Country Valley, Made by Cow, Mungalli Creek, Paris Creek, True Organic or your local milk)
- Goat's Milk / Dairy products (Generally easier for humans to digest than cow's milk)

- Yoghurt – look for non-homogenised and no milk-solids if possible (Paris Creek, Marook farms, Schulz, Country Valley, Mungalli Creek, Meredith Sheep's/Goat's yoghurt - sheep's yoghurt is easier to digest but may be an acquired taste, Shaw River, Barambah, Mungalli Creek have milk solids but still great)
- Cheese (Barambah cheddar, Parmesan Reggiano because it's a raw cheese, imported Gruyere because it's a raw cheese, sheep's feta, Meredith Goats Cheese, Shaw River buffalo cheese, Paris Creek Camembert or Brie, Aussie raw milk cheese **Bruny Island Cheese** Raw Milk C2 ) If you can't do Organic go with the additive-free Nimbin Valley brand in supermarkets)
- Unsalted Butter (Paris Creek, Organic Times unsalted, Pepa Seya is cultured butter, True Organic, Western Star Cultured butter from Woolies though grassfed, the cows diet is supplemented with small amounts of grain during milking, Westgold ) You can add your salt which will be good quality salt with a couple of pinches to the meal you're preparing, rather than the processed salt in most butters.
- Ghee (organic where possible)



## Other

- Nuts and seeds (Honest to Goodness is a great brand or [The Wholefood Collective's online store](#) with all the options there too, you can pick up organic nuts Macro brand from Woolies too)
- Dips (best to make your own otherwise Pilpel hummus is good, SSS foods hummus - both stocked Woolies, health food stores who make their own can have some good options also)
- Seafood (ask for line-caught and wild. Get to know your fishmonger. Stick to small fish such as sardines, mackerel for your most sustainable options and calamari also being super sustainable)
- Pastured meat (our favourite local Sydney butcher is [The Ethical Farmers](#) that deliver and you'll find a local one near you after a bit of digging who's along the same lines with a few more listed below, also in Sydney is Kingsmore Meats, Sam the Butcher in Bondi, Shiralee Meats on the Northside and Feather and Bone in the inner west)
- Unpasteurised Brown Rice Miso Paste (Imported by Muso at health food stores or Byron Bay brand)

## **FREEZER STAPLES**

- Grass-fed meat (remember: Buy less meat but better quality and embrace slow cooking, sausages and mince for cheaper options to be able to trade up to the Omega 3 rich stuff!)
- Organic frozen berries (Eg: supermarket have Organic B brand of blueberries or Elgin from health food stores)
- Ripe Bananas
- Avocado (avocado freezes beautifully. Just scoop chunks into a jar, pop lid on and freeze or you can freeze whole with skin on, )
- Frozen organic vegetables - even frozen conventional veggies in rural/remote areas when it's all you can get.
- Nuts, seeds, flour (have a tendency to go rancid in hot weather, prevent this by popping them into the freezer)
- Fish – line caught (see above)

## **KITCHEN APPLIANCES**

- Blender (for smoothies)
- Food processor
- Measuring cups & spoons
- Thermomix / Thermo cooker (steer clear of Teflon / PFOA / PTFE coatings and opt for a ceramic or stainless bowl)

- Slow cooker with enamel or ceramic interior (Cuisinart and Kitchenaid rate best in efficiency and materials for us)
- Stainless steel trays, muffin tins and cake tins found in hospitality shops, not in department stores. If you have Teflon / shiny "non stick" ones, simply line with baking paper or muffin tins/cases to protect the food.
- The little Kenwood triblade with mixer, masher and food processor - best value for versatility if you're on a budget.

## **PAPER PRODUCTS**

- Baking paper (unbleached and chlorine-free – If You Care brand)
- Muffin paper (unbleached and chlorine-free – If You Care brand)

## **NSW BUTCHERS**

The below sell grass-fed chicken wings, meat and free range pork. Please feel free to share your go to's in other locations so we can add to the list.

- Ethical Farmers
- Feather and Bone

- Sam the Butcher
- Hudson's Meat
- Kingsmore Meats
- The Australian Meat Emporium
- Shiralee Meats
- The Meat Store

So there you have a few staples - start investigating in your area and [online](#) and please DO NOT PANIC or attempt to make loads of changes in a couple of days or even in 3 weeks. If this is a big shift for you, take it slow. Do a couple of things a week and enjoy the process. Instead of thinking "How am I going to do this!?" and not attempting any changes because it's "all too much". We took about 2 years to build a confident arsenal of options in our own lives. It takes time!

The main thing to remember is that this is a journey. We're moving from being PRODUCT based to PRODUCE based. It doesn't have to be all done today and it will never be 100% produce but we CAN move the needle over time towards more fresh foods in our day to days.