PANTRY, FRIDGE & FREEZER ESSENTIALS

for balanced blood sugars & a healthy metabolism

Bailee Hart NUTRITION

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A well-stocked pantry, fridge and freezer is essential to building balanced meals for stable blood sugars and a healthy metabolism. Use this list as a starting point.
*Fresh produce, protein options can be purchased weekly as needed.

condiments & spices

- Natural Nut Butters
- Avocado Oil or Primal Kitchen Mayonnaise
- Mustard: Dijon, yellow
- Hot Sauce
- Coconut Aminos (soy-sauce alternative)
- Extra Virgin Olive Oil
- Coconut Oil
- Organic Canola or Avocado Oil (high-smoke point for baking)
- Tahini
- Vinegars (such as apple cider, balsamic, red wine)
- No Sugar Added Ketchup
- Spices: Garlic Powder, Onion Powder, Chili Powder, Smoked Paprika, Curry Powder, Red Chili Flakes, Oregano, Basil, Parsley, Bay Leaves, Ginger, Cinnamon
- Sea Salt & Cracked Black Pepper

baking supplies

- Natural sweeteners: honey, pure Lakanto maple syrup, coconut sugar, stevia, liquid stevia
- Almond flour, Whole Wheat Flour
- Basics: Vanilla Extract , Baking Soda, Baking Powder, Cacao Powder
- Dark Chocolate, coconut shavings , cacao nibs

fridge & freezer basics

- Milks: Almond Milk, Pea Protein Milk
- Dairy or Non-Dairy Alternatives: Butter, Sour Cream, Cream Cheese, Eggs, Cheeses, Yogurt, Cottage Cheese
- Frozen Non-Starchy & Starchy Veggies
- Frozen Berries & Bananas
- Frozen Poultry
- Frozen Seafood
- Frozen Cauliflower Gnocchi
- Frozen Zoodles & Cauliflower Rice
- Frozen Ezekiel Bread
- Folio Cheese Wraps

grains & dry goods

- Whole Grains: Quinoa, Barley, Brown Rice, Bulgar
- Whole Grain Pastas or Lentil-Based Pastas
- High Protein Pancake Mix (like Kodiak Cakes)
- Whole Grain or Low Carb Wraps
- Nuts & Seeds
- Chia Seeds
- Ground Flaxseed
- Whole Wheat Breadcrumbs or Panko
- High Fiber, Low Added Sugar Granolas
- Wasa Crackers
- Whole Rolled Oats
- Misc: Protein Powder, Collagen Peptides

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jarred & canned goods

- Beans & Legumes: black, red, kidney, pinto, garbanzo, chickpeas
- Nut or Coconut Milk
- Pasta Sauces, no sugar added
- Low Sodium Broths & Stocks
- Tuna Packets or Cans
- Salmon Packets or Cans
- Canned Pumpkin
- Low Sodium Canned Veggies
- Crushed Canned Tomatoes & Tomato Paste
- Olives
- Pickles

snack vibes

- Salsas
- Guacamole
- Hummus
- Flax Crackers: Mary's Gone Crackers, Jilz Crackers, Simple Mills
- Individual Packs
- Squeeze Nut Butter
- High Fiber Bars like Kind Bars
- Savory Bars like Epic Bars
- Beef and Turkey Jerky
- Seaweed Packs
- Roasted Chickpeas
- Roasted Edamame
- Pacific Foods Chicken Bone Broth 8 oz Cartons
- Premiere Protein Shakes or Similar

now what?!

Wondering what to actually make or do with all of these items so you can finally hit your goals?

You're also probably wondering how much of these things should I be eating, what recipes should I make, etc. right?

Learn set-by-step self-paced guidance, expert support (from me a Registered Dietitian Nutritionist), & A LOT of resources & tools like meal planning & recipe inspiration to make it EASY for you when you join the Blood Sugar Academy today!

BAILEE HART, RDN
ONLINE DIETITIAN
FOUNDER: BLOOD SUGAR RESET

CLICK HERE TO CHECK OUT THE BLOOD SUGAR RESET ACADEMY