



Kitchen Pantry Tool Box

Starter Kit

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Ultimate Longevity Pantry List

Your pantry is the mecca of the kitchen, it is the basis of all recipes and all food plans. A well-stocked pantry will keep your food plan healthy and make sure that you have what you need for a well-designed meal, even when the pantry is at its emptiest!

The list below is designed simply as a guide, only you know what works best for you and the family. This list provides the basis of healthy cooking. Healthy cooking can be flavorful and easy. Be sure to choose organic when possible and read all ingredient lists – remember, if you can't pronounce it and don't know what it is...don't eat it!

Basics

- 🍏 Celtic or Himalayan Sea Salt – Fine and Coarse
- 🍏 Black Peppercorns
- 🍏 Extra Virgin Olive Oil – this one is for cooking
- 🍏 Cold Pressed Olive Oil – this one is for salads or uncooked items
- 🍏 Cold Pressed Coconut Oil – this one is for hundreds of things!
- 🍏 Apple Cider Vinegar (with the mother – if you don't know what this is, don't worry the label will tell you)
- 🍏 Red Wine Vinegar
- 🍏 Balsamic or Sherry Vinegar
- 🍏 Rice Vinegar (unseasoned)

Sweeteners

- 🍏 Dates
- 🍏 Coconut Sugar
- 🍏 Maple Syrup
- 🍏 Raw Honey
- 🍏 Stevia Leaf – make the tea, store it and pour as your sweetener
- 🍏 Organic Unsweetened Apple Sauce

Grains

- 🍏 Basmati or Jasmin Rice
- 🍏 Red or Black Rice
- 🍏 Wild Rice
- 🍏 Quinoa
- 🍏 Organic Popcorn Kernels
- 🍏 Organic Rolled Oats



Fruits and Nuts

- 🍏 Dried Fruit: Mulberries, Golden Berries, Goji Berries
- 🍏 Raw Seeds: Sunflower, Flax, Pumpkin, Chia, Sesame, or Hemp
- 🍏 Raw Nuts – Almonds, Cashews, Walnuts, Pecans, Pine Nuts, Pistachios
- 🍏 Raw Nut Butters - Almond, Cashew, Pecan

Packaged Goods

- 🍏 Organic Chicken and Vegetable Broth
- 🍏 Beans: Cannellini, Navy, Chickpeas or Black
- 🍏 Lentils
- 🍏 Olives or Capers
- 🍏 Diced or Roasted Tomatoes
- 🍏 Tomato Paste
- 🍏 Tomato Sauce
- 🍏 Sundried Tomatoes
- 🍏 Roasted Red Peppers
- 🍏 Spicy Mustard

Fresh or Dried Herbs and Spices – *Keep in mind that fresh is always best, but the dried ones are great for backup. Dried Herbs are best kept for 1 yr.*

- 🍏 Bay leaves
- 🍏 Cayenne Pepper
- 🍏 Chili Powder
- 🍏 Crushed Red Pepper
- 🍏 Curry Powder
- 🍏 Fennel or Dill Seed
- 🍏 Granulated Garlic
- 🍏 Ground Cinnamon
- 🍏 Ground Cloves
- 🍏 Ground Cumin
- 🍏 Ground Ginger
- 🍏 Ground Coriander
- 🍏 Turmeric
- 🍏 Vanilla Extract
- 🍏 Oregano
- 🍏 Basil
- 🍏 Parsley
- 🍏 Paprika
- 🍏 Rosemary
- 🍏 Thyme
- 🍏 Whole Nutmeg

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Fresh Produce should be seasonal, local, and organic, when possible. Here are some wonderful resources to find yours:

- 🍏 <http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/seasonalingredientmap>
- 🍏 <http://www.micronutrients.com/wp-content/uploads/2015/07/ANDI-chart.pdf>

But for the main staples of the home here are my top picks:

- 🍏 Onions
- 🍏 Garlic
- 🍏 Avocados
- 🍏 Carrots
- 🍏 Celery
- 🍏 Tomatoes
- 🍏 Broccoli
- 🍏 Bell Peppers
- 🍏 Kale, Spinach, or Collard Greens
- 🍏 Lettuce: Romaine, Boston or Mixed Greens
- 🍏 Cilantro
- 🍏 Gingerroot
- 🍏 Potatoes: Sweet or Purple
- 🍏 Lemons
- 🍏 Apples
- 🍏 Berries
- 🍏 Bananas

Freezer – Remember that the freezer is a good place for backups and more. The following is a list of things that can be frozen without damaging the food.

- 🍏 All Raw Nuts can be frozen to preserve shelf life
- 🍏 If Fruit is getting a bit soft, remember to freeze it for smoothies – you can either puree the fruit and freeze in an ice tray then store in an air tight container or chop and store in an airtight container
- 🍏 Rice, Grains, and any form of flour sometimes produce little bugs – by freezing these first you diminish the possibility of the bugs coming to life
- 🍏 Frozen Peas, Broccoli and , Berries are always good backups to have



Shelf Life 101.5

In our efforts to maintain a healthy kitchen we become possessive over all of the fad items, un-used spices, and so much more that we can't manage to part from. The bottom line is that all foods provide us with the best nutrition when they are.....FRESH. But for convenience sake there are numerous items available that have a longer shelf life as long as we recognize what the "shelf life" looks like. Your goal is to steer clear of most preservatives and choose foods with minimal preservation techniques. Here are some of the top food categories and a few recommended storage techniques to assure quality and freshness:

Freezer and Refrigerator Clean Up – Think of it this way, the refrigerator is for the week, the freezer is backup and specific storage. The freezer should be that place that you have just enough to create a masterpiece meal when the fridge runs bear, then when you go to the store you can replace it all. For most of us, when the refrigerator runs empty we tend to gravitate to eat anything in site – good or bad. On that same note, the healthier choices we begin to make, the fewer processed foods we eat, and "cleaner" all of our choices are....the emptier the fridge will be at the end of the week. For this reason a good refrigerator to freezer ratio makes an ideal situation for most. As for your fruits and veggies, creating good storage practices can enhance their shelf life a substantial amount. A good reference is Dr. Richter's Fresh Produce Guide by Henry Richter, he teaches you the ideal techniques for washing, storing, and taking care of your produce so they last.

Here's a typical time table to use as a guide, but remember that storage practices count so "how" you store it can affect how long it keeps for:

Food Item	Freezer time	Refrigerator Time
Baked Goods	3 months	1 week
Butter	1 year	1-2 weeks
Chicken – Raw	9 months	1-2 days
Condiments	very few will freeze	up to 1 year
Fish – Raw	6 months	1-2 days
Fruit Juices	1 year	2-3 days
Fruits	8 months – not optimal for all	up to 1 week, but some last longer
Ice Cream – Dairy	2 months	n/a
Ice Cream – NonDairy	6 months	n/a
Meats – Raw	9 months	1-2 days
Nuts	1 year	6 months
Shell Fish – Raw	1 year	1-2 days
Soups and Stews	3 months	4 days
Vegetables	8 months	Up to 1 week, but some can last longer

Pantry Clean Up – The pantry, or dry storage, is where most of our processed and manufactured items are stored, along with our spices, baking ingredients, canned goods, and a few other things. Most of us take for granted that these items have unlimited shelf life, well they don't and much, if any, of their nutritional value will deplete with time. Not to mention the amount of preservatives added in to preserve most of the manufactured foods. This is the area where you only want to store those things that will be readily used, it's best to continue to replenish in this area, keeping things longer than a year provides little if any health benefits.

Food Item	Shelf Life
Baking Mixes	9 months
Baking Powder	18 months
Baking Soda	2 years
Canned Fish	1 year
Canned Fruit or Vegetables	1 year
Crackers	3 months
Dried Fruit	6 months
Flour (all types)	1 year, but best in refrigerator or freezer
Honey and Syrups	1 year
Nuts	6 months
Pasta	1 year
Oils – Cold Pressed	1 year (but some can become rancid earlier)
Rice	1 year
Spices	Whole – 1-2 years / Ground – 6 months
Tea	1 year

So what does a Pantry Clean Out look like? It's easier than you think. It's all about "Getting Started", make a plan to do this on a yearly basis and your pantry will remain fresh and nutritious! Here are a few of my favorite tips to get you going:

- 🍏 Review all of the ingredients in everything you have in the cabinet. If something contains high fructose corn syrup, preservatives, or an ingredient that "You can't pronounce and have no idea what it is", GET RID OF IT!.
- 🍏 Anything that is expired "has got to GO".
- 🍏 Don't feel limited to the pantry, this clean out should also include the refrigerator and freezer.
- 🍏 And the hardest part of all is getting rid of this stuff! I know you spent good money on it, but it doesn't serve you or your health, which means it's time to "Let It GO!" So here it is... BOTTOM LINE either throw all the bad stuff out or donate it, but you need to remove them from the house IMMEDIATELY, if you merely put them to the side you will be apt to put them back and find them again next year. Make your life easy, just get rid of it.



Additional Notes:

“Read all of the ingredients, if you don’t know what an ingredient is and cannot pronounce it. . . . Then don’t eat it or, set aside, buy it!”

