

The Heartfelt Pantry Guide

Get ready for a reset

Wellness is a lifelong journey, not a destination



GET YOUR PANTRY READY

- Avocado Oil
- Balsamic Vinegar
- Apple Cider vinegar
- Spelt flour
- Almond flour
- Organic gluten-free rolled oats
- Baking powder and baking soda
- Organic diced & crushed tomatoes
- Organic fire roasted tomatoes
- Tomato sauce and tomato paste
- Coconut Sugar
- Pure Maple syrup
- Brown rice syrup
- Organic brown rice
- Canned coconut milk
- Variety of canned beans
- Brown rice pasta in various shapes
- Salt, pepper, spices
- Natural nut butter (almond, peanut)
- Variety of nuts!
- Quinoa



STOCK THE FREEZER

- Try to find organic, grass fed meat from a local source! You can buy fresh each week.
- Organic, grassfed butter
- Ground beef
- Stew beef
- 2-3 Roasts
- 3-4 whole organic chickens
- Chicken legs & breasts
- Pork tenderloin (4)
- Fish you enjoy!

FIND YOUR FAVOURITE RECIPES

Being prepared is the most important factor in a 'reset'! You need to look for recipes that you feel comfortable making, as well as recipes that could easily swap out ingredients for your healthier pantry!



REMEMBER, I'M HERE TO SUPPORT YOU!

DISCOVER MORE AT WWW.HEARTFELTHOLISTIC.COM