
Pantry Make Over

How to fall in love with your pantry and stay inspired



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Welcome!

Do you find yourself uninspired by your pantry? Do you even have one? Would you like to open your pantry and get as excited as if you walked into your favorite bakery, store or restaurant?

Let's see if I can get you looking forward to starting a fresh new relationship with your pantry.

Getting Started

I am not a big fan of processed or heavily prepared foods. The foods we need to truly nourish ourselves should be as close to nature and as unprocessed as possible. But let's be real, we all rely on good companies to make some real foods for us, we just have to use them sparingly and read labels like a pro. If you have kids, it's easy to rely a bit more on those foods, but it's all about keeping a realistic balance and encourage your kids to eat mostly real foods. This can actually be fun and easier than you think.

Chapter One

Expert Ingredient List

Yes Please Ingredients

Organic=Non GMO or GMO Free

Natural

Local

Sustainable

Pasture-raised

Grass-Fed

Wild-Caught

Hormone Free

Pesticide Free

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Never-Ever Ingredients

Any kind of hydrogenated oil/fat

Cane Sugar (sometimes it's ok especially in moderation and organic)

Agave Nectar (I know, it was a well marketed sugar replacement, but it falls into the Frankenfood category)

Carrageenan (Is not digestible and has no nutritional value. It is often used because it thickens and emulsifies products and it is often found even in organic and “natural” products, like almond and coconut milk)

Anything made from Corn (starch, syrup, dextrose, dextrin), all these are GMO

Xanthan and Guar Gum

MSG (monosodium glutamate)

Potato Starch

Sucrose, Maltose, Galactose

Expert Grocery List

Fruits and Vegetables

Choose organic fruits and vegetables that are in season and local if at all possible.

Use this website <http://www.ewg.org/foodnews/summary.php> or get their app, if you cannot afford all organic produce and focus on replacing the ones that are the most polluted.

Animal Protein

Select 100% grass-fed, organic, pasture-raised whenever possible

Eggs

Beef, Lamb, Bison, Elk, Veal

Pork

Poultry (chicken, turkey, duck, etc)

Deli meat, bacon (sugar free/paleo), sausages (really read your label here)

Fish and Shellfish (fresh and wild caught)

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Grains

Focus on gluten free (GF) grains such as:

Rice

Buckwheat

Quinoa

Oats

Amaranth

Teff

Use pasta made from those grains.

I also store Rye, Spelt and Einkorn flours as a wheat alternative for baking etc

Sweeteners

Honey (local, raw, unfiltered)

Coconut Sugar

Maple Syrup, Grade B (has more minerals)

Organic Whole Cane Sugar (yes I know I told you earlier to avoid it, but it is good to have around for the occasional successful baking)

Fats

Listed in order of nutritional value

Ghee (pastured and grass fed)

Butter (pastured and grass fed)

Coconut Oil (virgin or expeller pressed)

Animal Fats like: duck fat, bacon fat, lard (pastured and grass fed)

Extra-Virgin Olive Oil

Sesame Oil (toasted or cold-pressed)

Macadamia Nut Oil

Avocado Oil

Nuts, Seeds and their butters

(choose the raw and organic version whenever possible, also check the label for added sugars!)

Almonds

Chia Seeds

Pecans

Pistachios

Cashews

Sesame Seeds/Tahini

Hazelnuts

Pumpkin Seeds

Walnuts

Pine Nuts

Macadamia Nuts

Peanuts and Peanut butter, (although they are a legume)

Sunflower Seeds

Flaxseeds

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Baking

Blanched almond flour (see resources how to use it)

Arrowroot flour (often a part of baking with nut flours)

Spelt flour (can be used like regular all purpose flour. It is a better alternative to wheat)

Einkorn flour (see resources how to use it)

Rye Flour (see resources how to use it)

Coconut Flour (see resources how to use it)

Baking powder and baking soda

Vanilla Extract

Raw cacao powder or cocoa powder

Legumes

Adzuki Beans

Different kind of lentils

Garbanzo Beans

Kidney Beans

Navy Beans

Cannellili Beans

Soak all legumes overnight and then add Kombu seaweed while cooking, to help with digestibility

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Jars and Cans

Condiments:

Unsweetened ketchup, like Westbrae Unsweetened UnKetchup

Organic salad dressings, like Annie's Naturals (read labels, they use canola oil)

Mustard, Mayo, Relish

Organic fermented soy sauce, like Oshawa Organic

Cultured veggies, Kimchi, like Okuké

Hot sauce, The Boulder Hot Sauce Company

Fish sauce, like Thai Kitchen

Salsa, you choose

Vinegars (balsamic, raw apple-cider vinegar, rice)

Curry Paste, like Thai Kitchen

Jars&Cans:

Beans, like 365 Whole Foods brand

Full fat-additive free coconut milk, like Natural Value

Capers, olives

Jam's, Marmalade, Fruit Spreads, check for sugar content

Broth, Bouillon (although I prefer to make my own)

In glass jars only: organic tomato products (sugar or citric acid free), like Jovial, Bionaturae, 365 Whole Foods brand

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Seasonings

Good salt, such as Himalayan and Celtic Sea Salt

Herbs and herb spice mixes (additive, MSG and sugar free)

Nutritional Yeast, like Bragg

Cheats (*Thought I'd never get there?*)

Although I am a nutritional therapist, I am also a busy single mom and while I make sure we eat well, clean and balanced, there are some things I do to keep things real so my kids don't feel like they are missing out or rebel against me later.

Here is the list of foods I consider cheats:

Lillabee GF bake mix <http://lillabeebaking.com>

Organic, pre-made, sugar-free, in glass jars Pasta Sauces

Pasta made from GF grains, such as rice, quinoa, like PastaJoy

Low-sugar granola's (we are working on creating our own, low-sugar version and will keep you posted)

GF rice-almond crackers, like Nut-thins or Skinny crackers <http://www.skinnycrisps.com>

Better potato chips like Jackson's Honest Chips <http://www.jacksonshonest.com>

Organic Ice Cream, like like Alden's <http://www.aldensicecream.com>, and ice cream made with non-dairy milks, such as almond, coconut and cashew

Einkorn Cookies <https://jovialfoods.com/einkorn/>

Organic Popcorn Kernels, we add real butter, salt and nutritional yeast

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Trail mix

Seaweed snacks

La Croix unsweetened soda's

Zevia soda (stevia sweetened)

Chocolate, soy-lecithin free, like Theo

Stuff I make Myself

These are just some staples to get you going:

Almond Milk (it just has too many questionable additives if store bought) <http://nicolettmiller.com/homemade-almond-milk/>

Almond Flour Bake Mix (see the Against All Grain book)

Bone Broth (from the Nourishing Traditions cookbook, [or click here](#))

Cultured veggies, such as [Ozuke](#)

Salad dressing with good fats and vinegars:

1 oz olive oil plus 2-3 oz sesame or avocado, add a yummy vinegar such as white balsamic, or soy sauce, pineapple juice. Add salt, pepper and herbs to taste

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Resources

Books and Websites

Against All Grain by Danielle Walker <http://againstallgrain.com>. She has two books out and I like 'em both. A little side note, I am not saying that you need to be on a Paleo diet, but her books are full of great recipes, nutrient dense and dairy free

Einkorn by Carla Bartolucci <https://jovialfoods.com>

Nourishing Traditions by Sally Fallon www.amazon.com

Paleo Smoothies by Mariel Lewis www.amazon.com

The Gluten Free Almond Flour Cookbook by Elana Amsterdam www.amazon.com

100% Rye by Shannon Stronger www.amazon.com

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Chapter 3

Essential Equipment

Tools to make life in the kitchen a breeze

Sharp Knives

Cutting Boards

Pots and Pans

Slow Cooker

Food Processor

Blender

Spiral Slicer

Parchment and Wax Paper

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How to put it all together

This is where it gets fun and interesting. Should you be one of the lucky few, chances are that you are already stocking your pantry and kitchen with all the good tools and nourishing foods.

In case you are not, follow these easy steps:

1. Take a honest and good look at the foods in your pantry. Read some labels and see if they fit your new criteria. If not, throw them out or donate them to your local food bank or homeless shelter. This can be quite a process, especially if you hate throwing out food. Donating will make you feel better, two-fold.
2. Next, make a shopping list with all the new foods you'll need to have a happy pantry and kitchen, Get Your [Printable Shopping List](#) Here
3. Take some time in the health food store, read labels and familiarize yourself with some of the new foods you'll be buying. This may include some new fruits and veggies, better proteins etc.
4. Have fun with this, make this an adventure and if you want to involve your kids, or do it for yourself.
5. Start using your new foods, see how they taste different. Some healthier things may take some getting used to, especially if you have kids or partners who you'll be introducing these foods to. Make notes of the things you all like. Try new things and most of all have fun with it. Get inspired by the recipes in the books I recommended.
6. Some of us have an interesting relationship with our pantry. Some people don't have one and never have a stock of foods around. Others find that they only feel comfortable if their pantry has a certain fullness. The pantry is such a hub for nourishment, you can, or not, explore your relationship with yours and dig a little deeper.
7. Let me hear from you how you did and what you discovered, info@nicolettmiller.com

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