**Pantry Staples**

Here is a list of the products which I would suggest you keep at least one of in stock at all times, to enable you to make tasty meals without missing any key ingredients.

* Rice (brown, white, wild, red)
* Lentils (red, green, brown, whole, split)
* Chickpeas (tinned, dried)
* Frozen vegetables (peas, sweetcorn, spinach, peppers, beans)
* Nut or Seed Butter (almond, peanut, cashew, hazelnut, pumpkin seed, sunflower seeds)
* Bananas (fresh and frozen)
* Potatoes
* Nuts (cashews, almonds, walnuts, hazelnuts)
* Tomato (fresh, tinned, passata, puree)
* Herbs (a chili, a curry, a green e.g. Cajun, Cumin, Italian)
* Onions (red, white, brown, spring)
* Seasonings (salt and ground black pepper)
* Oil of choice (coconut, olive, rapeseed, mustard, sunflower, avocado)

Extras which are useful but not essential:

* [*Nutritional Yeast*](https://www.amazon.co.uk/Engevita-Yeast-B12-125-Pack/dp/B00A4C48LQ/ref%3Das_sl_pc_as_ss_li_til?tag=httplifediethealth.co.ukindex.html-21&linkCode=w00&linkId=59e7f2d2ce6c5f126942fd7e04d576ac&creativeASIN=B00A4C48LQ) (stores for ages and adds great flavour to savoury dishes – contains B12)
* Avocado
* Houmous
* Fresh vegetables
* Fresh or frozen fruits
* [*Liquid smoke*](https://www.amazon.co.uk/Colgin-Liquid-Smoke-Natural-Hickory/dp/B000YOMRA8/ref%3Das_sl_pc_as_ss_li_til?tag=httplifediethealth.co.ukindex.html-21&linkCode=w00&linkId=e7ab5fa64685cd4ab5b5f3bd68ca3760&creativeASIN=B000YOMRA8) (gives a smoky barbecue flavour – great for marinades and sauces)
* Marmite
* Pasta (corn or rice based)
* Flour (gram flour, gluten free blend, brown rice flour, cassava flour)
* Polenta or Couscous (corn based)
* Stock or bouillon