

# *Mediterranean* **PALEO COOKING**

Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle

## pantry list

### HERBS & SPICES

- Fine sea salt
- Ground black pepper
- Ground cumin
- Chili powder
- Ground cinnamon
- Ground nutmeg
- Paprika
- Garlic powder
- Dried ground thyme
- Ground ginger
- Dried basil
- Bay leaves
- Black peppercorns
- Dried savory
- Ground marjoram
- Dried oregano leaves
- Dried ground sage
- Dried rosemary leaves
- Dried red chili peppers
- Ground caraway
- Ground coriander
- Dried mint leaves
- Dried ground oregano
- Ground star anise
- Dry mustard
- Dried allspice
- Ground turmeric
- Cinnamon sticks

### FAT, OILS & VINEGARS

- Ghee
- Coconut oil
- Duck Fat
- Extra-virgin olive oil
- Sustainable palm shortening
- Beef tallow
- Apple cider vinegar

### CANNED & JARRED

- Canned full fat coconut milk
- Canned, artichoke hearts
- Tomato paste
- Green and black olives (pitted)
- Canned pumpkin
- Sardines (packed in olive oil or water)
- Capers
- Canned diced tomatoes

### NUTS, SEEDS & DRIED FRUIT

- Sliced almonds
- Pine nuts
- Dried apricots
- Golden raisins
- Ground chia seeds
- Cashew butter or sunbutter
- Sesame seeds
- Prunes
- Dried figs
- Blanched whole almonds
- Raw pistachios

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### FLOURS AND BAKING ITEMS

- Grass-fed beef gelatin
- Coconut flour
- Tapioca flour
- Baking soda
- Vanilla extract (gluten-free)
- Ground golden flax seeds
- Arrowroot flour
- Almond flour
- Blanched almond flour
- Shredded coconut
- Cashew meal

### SAUCES, SWEETENERS & SPECIALTY ITEMS

- Dijon mustard (gluten-free)
- Honey
- Rose water
- Orange blossom water
- Sumac
- Filtered water