

mediterranean PALEO COOKING

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



pantry list

HERBS & SPICES

- Fine sea salt
- Ground cinnamon
- Cinnamon sticks
- Garlic powder
- Dried ground thyme
- Ground ginger
- Dried basil
- Bay leaves
- Dried savory
- Ground marjoram
- Dried oregano leaves
- Dried ground sage
- Dried rosemary leaves
- Ground caraway
- Ground coriander
- Dried mint leaves
- Dried ground oregano
- Ground turmeric

FAT, OILS & VINEGARS

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

NUTS, SEEDS & DRIED FRUIT

- Dried apricots
- Golden raisins
- Ground chia seeds
- Prunes
- Dried figs

CANNED & JARRED

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

FLOURS AND BAKING ITEMS

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

SAUCES, SWEETENERS & SPECIALTY ITEMS

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