



New Home, New You!

Healthy Pantry Firsts

Brought to you by Sarah Maughan, Holistic Nutritionist,
and Jen Dumitrescu, Real Estate Agent

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Not sure where to start with your new kitchen? You don't need to break the bank but start with these pantry essentials and then purchase as you go depending on recipes you want to try. With these, you can be sure to make essential flavourful meals!

Healthy Carbohydrates

Brown Basmati rice
Quinoa
Rolled or steel cut oats
Legumes - dried and organic canned

Nuts & Seeds

Raw nuts/seeds of choice
Ground flax meal
Nut/seed butters - 100% natural

Aromatics

Garlic
Ginger
Onions

Oils & Vinegars

Extra virgin olive oil
Coconut oil
Apple cider vinegar
Balsamic/Red wine vinegar
White vinegar (for cleaning)

Herbs & Spices

Basil
Chilli powder
Cinnamon
Cumin
Curry powder
Oregano
Paprika
Rosemary
Sea salt & pepper

Miscellaneous

Low sodium organic chicken/vegetable broth
Raw honey or 100% maple syrup
Pure vanilla extract
Tomato paste
Tomato sauce
Packaged Soups – Amy's, Imagine, Pacific Coast
Canned tuna (in water)
Baking soda

To help organize your kitchen even more in your new home,
contact Sarah at sarah@sarahmaughan.ca to book an assessment, grocery tour, or kitchen
clean out/set up so you can compliment your new home, with a new you!