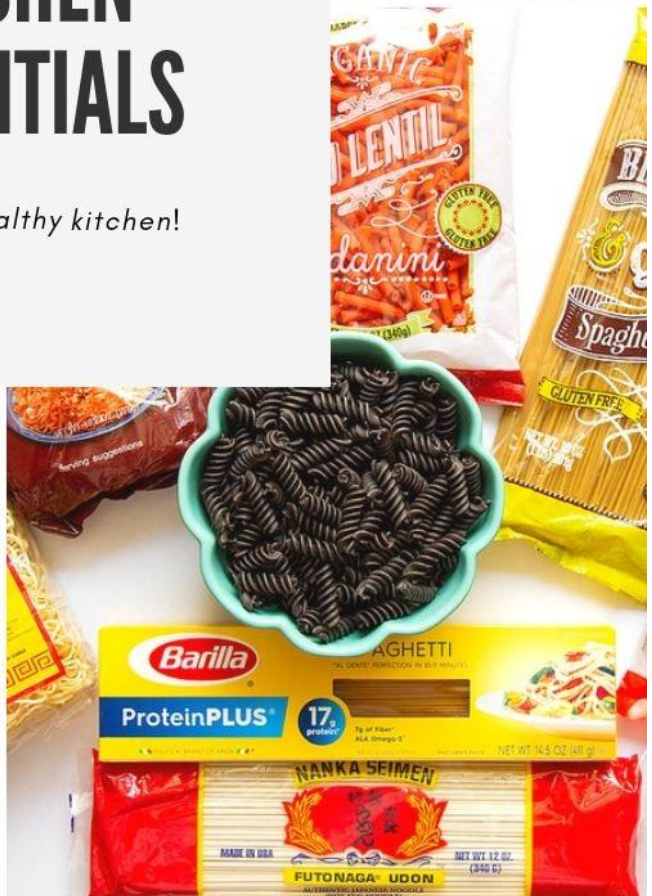




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PANTRY & KITCHEN ESSENTIALS

For your healthy kitchen!



Pantry & Kitchen Essentials

Super Easy long lasting, versatile pantry suggestions.

Buying food in large quantities, also known as bulk shopping, is an excellent way to fill your pantry and fridge while cutting down on food costs.

Certain items are heavily discounted when purchased in bulk, making it an economical habit that can save you a lot of money.

While some foods make ideal choices for bulk shopping due to their long shelf lives or freezability, more perishable foods should be bought in smaller quantities to avoid spoilage.

Here are some of the best versatile healthy foods to buy in bulk.

Dried beans and lentils

Dried beans and lentils are one of the most shelf-stable foods.

The term “shelf-stable” refers to foods that can be stored at room temperature for an extended period before going bad.

Though storing beans and lentils may lead to degradation of certain

nutrients over time, some studies have shown that some beans remain edible for 10 or more years.

Beans and lentils are high in fiber, antioxidants, vitamins and minerals, making them a healthy bulk shopping choice.

What’s more, they can be added to a wide variety of dishes, such as soups, curries, stews and salads.

Frozen Berries

Though delicious and nutritious, fresh berries can be expensive and highly perishable.

Thankfully, frozen berries are similar in nutritional value to fresh berries and can be purchased in bulk at lower prices [Trusted Source](#)

Harvesting then quickly freezing berries prolongs shelf life and maintains the nutritional content of fresh berries [Trusted Source](#)

Adding berries to your diet can benefit health in many ways, including lowering your risk of heart disease, certain cancers, diabetes and mental decline.

Frozen Meat and Poultry

Because fresh meat and poultry spoil quickly when stored in the refrigerator, freezing them is an excellent way to avoid food waste.

Frozen meat like steak can last in the freezer for up to 12 months

while chicken breast can last up to nine months.

Freezing protein sources immediately after purchase can extend usability so that you don’t have to run to the store every time you need meat or poultry for a recipe.

Frozen Vegetables

Like fresh berries and other types of fruit, fresh vegetables tend to spoil quickly, even when properly stored.

For this reason, stocking up on frozen vegetables like spinach, broccoli and butternut squash is a good idea, as most can be stored in the freezer for up to eight months.

Vegetables are packed with nutrients, which is why diets that include both fresh and frozen vegetables have been linked to numerous health benefits.

For example, people who have higher vegetable intake have a lower risk of chronic conditions like heart disease and diabetes than those who consume small amounts of vegetables.

I know vegetables can be daunting but even most stir fries, cous cous and quinoa mixes contain something as easy as frying chopped peppers, chillies, onions, garlic, courgette, mushrooms and green beans or broccoli.

Stir-fry is what you make when you want something hot, healthy, and quick. It shouldn't be complicated. Stir-fries are great with lean meats or tofu. (Tofu takes a little bit more time because you have to press out all the excess moisture, but it's a healthy and inexpensive substitute for meat, and can be really delicious if you get it nice and crispy.) Whatever you decide to throw in, the basic idea is the same: Sear the protein, sauté the vegetables over high heat, and add sauce at the end. Serve over brown rice or by itself.

Or just throw the vegetables into a salad. If you think salads are for rabbits, you haven't met the right one yet. A few tips: Use fresh vegetables — anything canned should be an add-on, not the main event, or you'll end up with a soggy, sad salad. Add a little bit of protein like meat, eggs, beans, nuts, if you want the salad to be a full meal. Make sure you give yourself a good mix of crunchy ingredients, like raw cabbage, cucumber or nuts, and soft ones, like tomatoes, cooked vegetables or beans.

The most important step is to make your own delicious (and healthier) homemade dressing. A simple Dijon vinaigrette always works, but feel free to try something more adventurous,

Or perhaps a soup. When it's cold out, a big pot of hot soup is literally the most beautiful thing in the world. You can make it with just vegetables, or add in protein like chicken or beans. This recipe is mostly vegetables but uses a little bit of pancetta and a parmesan rind for flavor.

But you don't really need a recipe. You can just chop up whatever vegetables you have around and sauté them in some olive oil in a big pot with the seasoning of your choice. (If you're using chicken, chop it up, and sauté that first.) Add a can of rinsed beans and sauté for another minute or two. Add stock, bring to a boil. Reduce the heat to simmer, cover, and allow to cook for about

20 minutes. If you want noodles, cook them separately and throw them in at the end. Ladle into (big) bowls and enjoy.

Or Roasted Vegetables. Roasting vegetables is one of the easiest, most reliable ways to cook them. Turn your oven up to 450°F. Chop your vegetables, with the harder ones, like carrots and potatoes, cut up into smaller pieces than soft vegetables like broccoli and squash. Toss them all with some olive oil and kosher salt. Spread on a baking sheet or two – don't crowd! – and roast for about 30-40 minutes, or until they look and taste good.

Kale chips were all the rage for a while, but they're hardly the only non-potato that can be baked into a delicious, crispy chip. You're basically just putting some oil and salt on thin strips of vegetables and baking them. Not very hard, but very delicious!

Honey

Although honey is often thought to stay edible indefinitely, some factors can impact its quality and decrease its shelf life.

Storage conditions, including heat and humidity, can affect the aroma, texture and flavor of honey, making its shelf life hard to determine but it is likely to last as long as two years.

Oats

Not only are oats a versatile and healthy grain, but they also happen to have a lengthy shelf life. Fresh oats can be stored for up to four months in the pantry.

Hot oatmeal on a cold morning is a winter survival necessity. It's also a great way to stay full until lunch and an excellent source of soluble fiber, the kind that helps keep your cholesterol levels down. You can make it on the stove, in the microwave, or in a slow-cooker. In warm weather, you can make overnight oats in the fridge without lifting a finger.

Freezing oats in airtight containers can further extend their shelf life,

This is still an amazingly long shelf life, making honey the perfect item to buy in bulk. I would go for manuka honey and this can be added to oats, smoothies, even teas and is a great sugar fix.

tacking on another four months to their expiration date.

Oats are high in B vitamins, magnesium and zinc, as well as a particular type of fiber called beta-glucan, which may help lower cholesterol, reduce blood sugar levels and increase feelings of fullness. I add them to smoothies sometimes to “thicken” up the smoothie. Or just cook them on the hob with some honey/avocado/berries/peanut butter/nuts/raisins. But there are so many other fun options out there. Try roasted fruit, espresso powder, chocolate chips, or chia seeds to make breakfast a lot more fun and interesting. So many great things you can add to oats as a quick snack hot or cold!

Yes you read that right, I said Avocado, avocado is like the hidden

gem when it comes to reducing fat and giving you more energy.

Avocado toast is basically the easiest thing in the world to make, and good for you thanks to avocado's plentiful Omega-3's. But it tastes so luxurious, you'll feel like you're cheating at life when you eat one. It's also, BTW, very chic.

Dried Fruits

Dried fruit is highly nutritious and contains an impressive amount of fiber, vitamins and minerals.

What's more, it's a healthy pantry item that has a much longer shelf life than fresh fruit.

Dried fruits like mangos, cranberries and apricots can be stored for up to six months. After opening, storing them in the refrigerator will allow them to last another six months.

Nuts in a shell.

A simple avocado toast is just toast (stick with whole grain for more fiber and nutrients) + avocado (sliced or mashed) + sea salt + red pepper. But that's just the beginning; you can top it with an egg, a drizzle of nice olive oil, or try avocado + feta + pomegranate toast for a sweet and savory mix. The options are endless. Go crazy. Run free.

Keep in mind that dried fruit is higher in calories and sugar than fresh fruit and should be eaten in small amounts. Choose unsweetened dried fruit whenever possible to limit added sugar intake. But again this is great as a snack and I often put some in a Tupperware and use it as a snack with my own nut mix. I recently did a shop at Grapetree.com and got some good value on kg bags of nuts and dried fruit!

Nuts in the shell last much longer than shelled nuts, making them a great choice for long-term storage.

In most cases, purchasing nuts in the shell extends their shelf life.

For example, almonds in the shell will keep for up to six months when stored at 68°F (20°C), while shelled almonds only last four months when stored at the same temperature

Purchase nuts like almonds, walnuts, peanuts and pecans in the shell and crack them with a nutcracker.

You can also use your nuts or chickpeas to make a hummous.

Certain whole grains.

Certain whole grains such as farro, spelt, wild rice, quinoa, cous cous and amaranth, have surprisingly long shelf lives.

For instance, uncooked quinoa can last for up to three years when stored correctly in a pantry.

Whole grains make excellent additions to any meal, providing a hearty source of fiber, vitamins, antioxidants and powerful plant compounds that all benefit health.

Hummus, which happens to be full of protein and fiber, is basically the perfect food. You can dip carrots or celery in it when you're looking for a healthy snack, or spread it on a sandwich instead of mayo. You can also just dip your finger in it and eat it plain.

To make it yourself, you just throw a few basic ingredients (chickpeas, tahini, garlic, lemon juice and salt) in the blender and process.

Another reason to stock up on whole grains is that they are among the most versatile of all ingredients and can be added to breakfast, lunch, dinner and snacks really easily and a lot of the recipes I suggest include these.

You don't have to be a health nut to love quinoa. This little seed has tons of protein and the flavor is subtle enough that it can work in almost any dish. Make sure to rinse quinoa before you cook it to wash away any bitterness. After that, put it in a saucepan, add twice as much water or broth as you have quinoa,

and bring to a boil over medium-high heat. Reduce the flame to medium-low, cover, and simmer for about 15-20 minutes, or until the water is absorbed. Remove from heat and give it 5 minutes to sit, covered, before you open it and give it a nice fluff. It'll last about a week in the fridge and can be added to basically anything.

Popcorn

Whole popcorn can be purchased in bulk and stored for up to two years at room temperature.

Unlike packaged instant popcorn that contains unhealthy ingredients like harmful additives and unhealthy fats, whole popcorn is entirely natural.

Not to mention, preparing your own popcorn is fun and allows you

Dried pasta

Unlike fresh pasta, which needs to be cooked within a few days, dried

Most of us hear "salad" and think "lettuce," but using grains as a base can be healthy, filling, and a really good way to use up all the extra brown rice you accidentally made last night. Throw in whatever veggies, cheese, beans, or meat you have on hand and top with your favorite homemade dressing

to control the ingredients you consume.

(Preparing your own popcorn can be done with a little oil in a pan over some heat with the lid on)

Plus, popcorn is high in fiber, phosphorus, manganese, zinc and polyphenol antioxidants, making it a healthy snack when consumed in moderation. Add some honey, grass fed butter or some Himalayan Salt to it.

pasta can be stored for up to two years.

Whole wheat pasta makes a better choice than refined white pasta

since it is lower in calories and higher in certain nutrients, including fiber, manganese and magnesium

For those who can't tolerate the gluten found in wheat-based pasta, brown rice pasta and pasta made

Coconut oil

Many fats can't be stored long-term due to the risk of oxidation, which can lead to spoilage.

However, coconut oil has a much longer shelf life and is more resistant to oxidation than other vegetable oils [Trusted Source](#)

Plus, unrefined virgin coconut oil contains powerful antioxidants that

Chia seeds

Chia seeds are often referred to as a superfood due to their impressive concentration of omega-3 fats, fiber, magnesium, calcium and antioxidants

from gluten-free grains are healthy alternatives with similar shelf lives.

Different types of pasta can be found in the bulk section of grocery stores and are typically offered at discounted rates.

are thought to help protect the oil from spoilage [Trusted Source](#)

Storage times can vary depending on temperature and light exposure, but coconut oil stored in a cool, dark place should last up to three years.

Coconut oil can be used in cooking, baking and skin care. I even put a teaspoon in my coffee to make a "bulletproof" coffee.

While chia seeds are nutritious, they also tend to be expensive.

Thankfully, chia seeds purchased in bulk are usually lower in price than chia seeds bought in smaller quantities. Again these can be bought from Grape Tree online in sales.

What's more, chia seeds have a long shelf life of around 18 months when stored in a cool, dark location.

Peanut butter

With its creamy texture and satisfying taste, peanut butter is a staple item in most people's pantries.

Buying peanut butter in large jars is more economical since bulk peanut butter is sold at a discounted rate.

Peanut butter is an excellent source of plant-based protein, healthy fats, vitamins and minerals and can be used in many ways

Greens powders

Getting in enough greens can be a challenge for some people.

What's more, fresh greens need to be used within a few days before they start to degrade.

Greens powders are nutritional supplements made from dried, pulverized greens like kale, spinach and wheatgrass.

Natural peanut butter is healthier than processed brands that contain added sugar and hydrogenated oils.

Keep unopened natural peanut butter in the fridge to keep it fresh for up to 12 months. After opening, expect your peanut butter to last about three to four months in the refrigerator. Many nut butters can be used as snacks such as almond or cashew butter with some banana or apple.

Not only are greens powders highly nutritious, but most brands will also stay fresh in the refrigerator or freezer after opening for up to two years.

Buying greens powder in bulk sizes will ensure that you have a long-lasting supply of this healthy product to add to smoothies, yogurt and other recipes. Green powders often go by the name of Spirulina or

Chlorella. They can be found on amazon.

Protein powders

High-quality protein powders can be costly.

However, most companies offer larger containers of various protein powders at cheaper price points.

Since most people who use protein powder do so on a regular basis, buying large amounts at a lower cost is a smart way to save money.

Some of the most popular protein powders, including whey and pea protein, typically expire around 8–18 months after purchase. Yes a lot do contain sugars and a lot of additives and I wouldn't suggest having them every day but as a quick source of protein from time to time is not all that bad.

Smoothies are an easy and delicious way to pack in a lot of nutrition at once. Whether it's a green

Apple cider vinegar

detox smoothie, a seasonal fruit smoothie, or a very simple three-ingredient smoothie, the key is to make sure that you have a combination of fruits, vegetables, and protein so it's well-balanced AND tasty.

Feel free to have fun with the liquid you add. Water is great, but so is regular milk or non-dairy milks. Just don't bother with recipes that call for added sugar, and be wary of juices, which are often high in sugar, and protein powders, some of which have been found to have high levels of toxins like arsenic, cadmium, and lead.

Here are some other ideas;

Organic cold-pressed ginger, lemon, echinacea & Manuka honey

Apple cider vinegar is a multipurpose ingredient that can be used

both in food and as a natural cleaning agent.

Because of its versatility, apple cider vinegar can be used up quickly, especially by those who rely on it as a cleaning agent.

Thankfully, apple cider vinegar is sold in large containers that can last up to five years when stored at room temperature

What's more, apple cider vinegar has antibacterial properties and has

Nutritional yeast

Nutritional yeast packs a powerful dose of nutrients and is especially popular with those following plant-based diets.

Nutritional yeast is an excellent source of vitamin B12, thiamine, riboflavin, niacin, folate, magnesium, zinc and protein

Grilled meats

Grilled Meats are super easy too.

even been shown to reduce blood sugar and promote weight loss.

You can have a teaspoon of it in the morning when you wake up with a glass of water. Or sometimes I will put some in a mug of hot water with some cayenne pepper, manuka honey and lemon as a cold preventer!

It has a savory, cheese-like flavor and can be added to dishes for a nutrient boost.

Nutritional yeast can be purchased in bulk at lower prices than smaller containers and has a shelf life of up to two years.

Grilled chicken is easy to make and lean, healthy meat, but it gets a bad rap for being bland. The key is to pair the chicken with big, interesting flavors. If you have the time

(and forethought), go with a marinade. You can freestyle with a Grilled Chicken in Caramelized Onion Sauce.

You've probably heard it a hundred times: Fish is really good for you. It's high in protein but also low in fat, making it an excellent alternative to pork or red meat. White-fleshed fish like tilapia is especially low in fat, while oily fish like salmon is extra high in Omega-3's. However, some fish are higher in mercury than others, and a lot of species are at risk due to overfishing. The National Resources Defense Council has information here to help you make the best choice when you're buying.

Even when choosing fish isn't easy, cooking it can always be super-simple. One of the easiest and healthiest ways is to bake it in parchment paper, but broiling is another easy option for when you want something quick and crispy. For a quick, easy marinade, try mixing oil, soy sauce, garlic, Dijon mustard and scallions, with proportions according to taste. (The more mustard, the

spicier, the more soy saucer the saltier, etc.) It will work on basically everything.