

The Gut Co

Pantry List

Getting rid of refined sugary foods and replacing the pantry stock items with wholesome nutritious foods is the first step in achieving a healthy lifestyle. Having a healthy and well-stocked pantry will make your life much easier as well as preventing you from snacking on unhealthy foods.

Pantry Foods to Lose

- Highly refined carbohydrates – white rice, white bread, white pasta, couscous.
- Processed snacks – biscuits (sweet and savoury), chips, muesli bars, crackers.
- Spreads- non-organic butter, margarine, vegemite, Nutella, unnatural peanut butter, processed honey.
 - Baking – white flours, white and brown sugar.
- Oils – Vegetable oil, canola oil, sunflower oil, soybean oil.
 - Confectionary- lollies, chocolate.
- Cereals – added sugar cereals such as cornflakes, rice pops (most cereals have added sugar).
 - Sugar beverages – fruit juices, cordials, sodas.

Fridge Foods to Lose

- Condiments – added sugar sauces, barbecue sauce, teriyaki sauce, honey mustard, bottled salad dressings, mayonnaise.
 - Dairy – non-organic dairy, yellow cheeses, skim milk.
 - Sugar Beverages – soft drinks and alcohol.
- Processed meats- salami, deli meats, sausages, frankfurts.

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- Cooking Oils – Olive oil, Coconut Oil (virgin or extra virgin, cold pressed), ghee.
- Spreads: ABC or any nut butter. Avocado, lemon and salt. If you are including small amounts of easy to digest dairy in your diet: organic or grass fed butter, goats cheese (easier to digest than cows cheese), local raw honey (small amounts).
 - Salad Dressing Oils – extra virgin olive oil, sesame oil, avocado oil, macadamia oil.
 - Vinegar- apple cider vinegar (raw cloudy with the mother is best).
 - Flours- brown rice, quinoa, buckwheat, almond, coconut (if you are incl. grains).
 - Gluten Free Grains- brown rice, quinoa, rolled oats, buckwheat, amaranth, black rice.
- Legumes: chickpeas, lentils, black beans, kidney beans, 5 mixed beans, rinse beans after opening the can.
 - Fish (wild if possible) – salmon, tuna, sardines, barramundi, mackerel, snapper.
- Condiments- pesto (normal or vegan), hummus, whole grain mustard, diced tomatoes (no salt and sugar added is preferred), soy or tamari sauce, tahini, homemade mayonnaise or look for an organic mayonnaise made with olive oil.
 - Natural Sweeteners- stevia, cinnamon.
- Nuts & Seeds (activated is preferred)- almonds, cashews, brazil nuts, walnuts, flaxseed, chia seed, sunflower seeds, pumpkin seeds.
 - Dried Fruit- goji berries, cranberries.
- Miscellaneous – cacao powder, Himalayan pink salt, sea salt, vegetable broth, all dried spices with no added preservatives, sugar or salt.
 - Vegetables – all vegetables but increase the green leafy ones.
 - Fruits- all fruits. Aim for 1-2 day max.
- If allowing meat make sure it's organic or free range, free range eggs, chicken breast, beef mince, lean steak, lamb, turkey.