

THE HIGH VIBRATIONAL PANTRY

A CAP BEAUTY GUIDE TO INGREDIENTS

Use this list to guide you to the greatest ingredients on Earth. Stock your pantry, and create High Vibe meals at a moment's notice. And, apply your new-found knowledge of botanicals to your medicine cabinet, too. The ingredients listed here overflow with Life Force Energy. Let them feed you inside and out. Then, radiate.



ALGAE

The deeply hued algae from Upper Klamath Lake in Oregon is one of the most nutrient-dense foods around, and, with radically high levels of protein and vitamins, we make sure to incorporate this into our diets on the regular. Add it to a tahini dressing, or try it straight up in the morning for a direct hit of vitality. This green is easy to work into a day of eating. Make a habit of it.

AMARANTH

A beautiful alternative to quinoa or millet, this super-grain (some call it a cereal) has yet to be discovered by the masses. Gluten-free and an exceptional thickener, we like this for breakfast or dinner. High in lysine, an essential amino acid not found in all grains, and incredibly protein dense, this little seed is ready for its debut.

APPLE-CIDER VINEGAR

You'll never find our cupboards without a bottle of apple-cider vinegar, which we like to refer to as ACV. A permanent staple in our pantries, we add it to pretty much everything. Add it to warm water for a bracing and detoxifying tea, soak your seeds with a splash, create the perfect salad dressing using it as your base. This versatile and delicious vinegar is non-acid-forming, rich in potassium and enzymes and can be enjoyed liberally. Some even believe that it helps in the fight against Candida.

This is also great to keep in the bathroom for a detoxifying bath. And, some like to use it as a toner. Just make sure to dilute it with purified water.

AVOCADO OIL

Our love for avocados knows no bounds. Therefore, you'll always find a bottle of our favorite food in liquid form in our kitchens. A great finishing oil and also great for cooking, given its high smoke point, it's versatile, delicious and nutrient-dense. But, don't just use it in the kitchen, it's helpful in the bath, too. Use it on your hair to improve texture and decrease dryness and on your body for its highly moisturizing properties. It's no wonder that it's one of our favorite oils. All hail the avocado!

AVOCADOS

A bowl of avocados on your countertop allows a meal to happen at a moment's notice. Add them to a wrap, top your veggie bowl or simply add them to sauerkraut and you have breakfast, lunch or dinner. Loaded with healthy fats and high in potassium, this delicious and versatile fruit is simply one of our favorite foods.

Also, great as a face mask, this multi-tasking fruit is a nutritional powerhouse, inside and out.

BEE POLLEN

Nectar of the gods. We eat this like candy and sprinkle it on desserts, in tonic drinks, on fresh fruit and in smoothies. Rich in antiviral and antibacterial compounds, and high in vitamins and minerals, this sweet treat gets us buzzing every time.

BEET KVASS

Radical ruby red goodness. The magic that happens when you start fermenting will transport you straight down the road to health and vitality. We're constantly amazed at the turn our health took when we started to seriously incorporate fermented foods into our diets. And beet kvass is a great place to start. Juicy and sour, it's an easy addition to salad dressings, savory oatmeal or a simple glass of sparkling mineral water. This ruby liquid acts as a brilliant digestive aid and is an excellent blood tonic. Bottoms up!

BROWN RICE

Bring the 1970s back. You'd be hard-pressed to not find brown rice in any kitchen aspiring toward better health. Easy to prepare, delicious and versatile, it's no wonder that brown rice has been occupying shelf space in pantries for years. We like to soak it overnight for easier digestion, and then cook it up the next day to have on hand in the fridge. A great base for a bowl, a little goes a long way. Rich in selenium, manganese and antioxidants, not to mention being high in fiber, this staple is an excellent and much-loved base for many a meal.

BUCKWHEAT GROATS

This little seed packs a punch. While many of us think of buckwheat as a grain, it's actually a fruit

seed that is closely related to one of our favorite Spring fruits: rhubarb. A perfect substitute for traditional cereals, the buckwheat groats uplevels your morning oatmeal. High in magnesium, which has been known to relax blood vessels, buckwheat contributes to a healthy cardiovascular system and strong circulation.

BUCKWHEAT SOBA

We rely heavily on Japan for inspiration and that, of course, extends to our kitchens. Having a pack of nutrient-dense buckwheat noodles in your pantry is the fastest route to a meal inspired by the flavors of one of our favorite countries. Perfect for those of us who crave the satisfaction of a noodle dish without the gluten, these noodles are a rich source of phytonutrients and heart-healthy antioxidants and a great source of protein and manganese, encouraging collagen production for beautiful skin. Eat like the Japanese, and welcome the glow.

CACAO

Our love for cacao runs deep and knows no bounds. This sacred-and-exquisite ingredient is always front and center in our pantries. We incorporate it into our tonics, smoothies, raw desserts, and even savory foods. We adore it in chili, as it creates a depth and complexity that will have your friends trying to guess what your secret ingredient is. And, it's not just a beautiful flavor enhancer, it's also incredibly rich in benefits for your body and mind. Packed with antioxidants (40 times the amount found in blueberries!), heavy in magnesium and a known mood enhancer, this magical bean is one to keep on hand. Reach for it when you're feeling low or want to add some mystery and delight to your meal. Get high on the power of cacao.

CANNABIDIOL OIL

This mighty oil (often known as CBD) is making its way into diets across the country, and with good reason. Derived from the hemp plant, it doesn't contain any of the psychotropic effects of marijuana, just the benefits. Recent studies have shown remarkable effects from ingesting this plant, including a reduction in inflammation and anxiety, and a resetting of the entire nervous system to a place of balance. We like to incorporate it into our food, and add the oil to

our salads, smoothies or plant-based Bulletproof Coffee. With a nutty, rich flavor, it lends itself well to both sweet and savory dishes. The power of plant medicine is real. Start here and feel the effects. Get high on CBD.

CARDAMOM

One of our favorite ways to take our tea higher. Cardamom adds a touch of mystery and elevates tea and coffee. But, we don't stop there. A beautiful addition to rice dishes, soups and salad dressings and anytime you're craving a hit of the East. Steep with cinnamon sticks, cloves and allspice for a quick yogi tea. Namaste.

CAULIFLOWER

You're sure to find a head of cauliflower in our fridges at almost anytime of the year. One of the fastest and most delicious routes to dinner, cauliflower is great raw or cooked, in a salad, as a soup or as the popular cauliflower rice, one of our favorite bases for a grain bowl. This elegant yet humble vegetable is rich in vitamins and minerals, especially C and K, has been shown to boost brain health, is helpful with detoxing and acts as an excellent base for breakfast, lunch or dinner. Keep one on hand, knowing that a healthy (and satisfying!) meal is just around the corner.

CAYENNE

Thermogenic herbs are hot. Some people even claim to lose weight after adding them into their diets. But, we love them for the spicy depth of flavor they bring to a dish. Consider this a fast-and-easy way to layer in some heat to your meal. Olé!

CHAGA

Mushrooms are nutritional powerhouses, making them one of the most heavily researched foods around, especially by pharmaceutical companies. And, the chaga mushroom is one of the top performers. Boasting the highest level of antioxidants of any superfood, along with an abundance of polysaccharides (hello, better mood!), beta-D-glucans (antioxidant powerhouses!) and compounds that have been linked to help in the fight against cancer, this mushroom has it all. Enjoyed as a tea in Eastern culture for years, it's beginning to gain momentum in the

West. Add it to your daily routine and drink up. Let the healing begin.

CHIA SEEDS

Tiny but mighty. Considered to be one of the healthiest foods on the planet, their benefits read like a novel. A long one. Expect better digestive health, increased endurance, skin that ages gracefully, stronger bones and a reduction in inflammation. Translating to “strength” in the Mayan language, these diminutive seeds have long been associated with fueling warriors during battle and are also considered a food for the holy. While you may not be going to battle, incorporate these into your diet and fortify yourself from the inside out. Try our Matcha Chia Pudding or use them as a thickener in your morning smoothie. Just make sure to soak them before using, to release any enzymes. The Chia Pet reinvented.

CHICKPEA FLOUR

This naturally gluten-free and grain-free flour can be used in baking projects or to make a simple pancake that we love to pair with a big green salad. It's also the main ingredient in a farinata. Loaded with seasonal vegetables, a farinata is like an Italian plant-based frittata. Chickpea flour is higher in protein than grain flours and it's a great source of fiber and folate. Look for sprouted chickpea flour for its more bioavailable nutrients. Then, say *buon giorno* to a new way of baking.

CHICKPEAS

We lean heavily on chickpeas. Also known as garbanzo beans, they are a holy staple of the hippie kitchen, the main ingredient in hummus and the chief source of aquafaba, the cooking liquid from chickpeas that can be used as a substitute for egg whites to make plant-based meringues, macarons, sauces and even butters and cheeses. But, we love a chickpea soup or croutons made from chickpeas that are then coated in coconut oil and seasonings and roasted in the oven until crisp. Protein, fiber, minerals and folate are just a few of their benefits. Keep cans of them in the pantry for last-minute dinners or buy dried and soak them overnight before cooking.

CINNAMON

Cinnamon bridges the gap between savory and sweet and is as likely to grace a pot of Winter soup as it is to find its home in a bowl of banana nice cream. A thermogenic spice, it boosts metabolism and helps to regulate blood sugar, so it's an ideal addition for those on a mission to manage their weight. Warming and sweet, it's rich in antioxidants and anti-inflammatories, and studies show it has benefits for maintaining heart health. It's also a powerful antifungal, so it's an important ingredient for Candida-sufferers. Sprinkle it on your smoothie bowls or over simply cooked spaghetti squash for a satisfying side. Warm it up.

COCONUT AMINOS

Put down the soy sauce and grab the coconut aminos. Made from just tree sap and salt, this stand-in for soy sauce is one of our favorite swaps in the High Vibrational kitchen. With a slightly sweeter flavor than traditional soy sauce, this condiment lends itself well to breakfast, lunch and dinner. Known to strengthen the immune system, protect the heart and support mental health, this is a staple that we never go without. Store it in the fridge.

COCONUT BUTTER

One of our favorite things, coconut butter has been an integral part of CAP Beauty since we opened our doors. Stone ground from the whole coconut, it contains fiber as well as the oil, making it a whole and complete food. We use it on and in everything. Tonic drinks, smoothies, granola, toast, or simply straight off the spoon. It's particularly delicious with goji berries and cacao nibs for a slightly caffeinated afternoon pick-me-up. Keep this on hand in your pantry, and discover all the ways that you can use what we lovingly refer to as white magic. We're not the only ones who are obsessed.

COCONUT FLAKES

Consider these a staple in your High Vibrational kitchen. But, make sure to buy unsweetened . . . and always organic. Keep these in your pantry, knowing that you always have the base for a delicious milk. With no need to soak, these flakes make High Vibrational eating accessible and easy. And delicious. They're also great added to granolas or smoothies.

We recommend picking them up at the health food store, as the ones at the grocery store can be highly processed and sweetened. And, you're sweet enough.

COCONUT OIL

There's a reason that you'll find this oil in almost everyone's kitchen (or bathroom) these days. We turn to this oil for cooking, tonics or body moisturizing, this oil is up for it all. Its high cook point makes it our go-to for dinner, and its flavor profile lends itself to a full range of cuisines. Rich in the easier-to-digest medium-chain fatty acids, caprylic, lauric and capric, coconut oil is also a natural antimicrobial and antifungal. We add a little to our homemade nut and seed milks to extend the shelf-life in our fridge. Now, that's a preservative we can get behind.

COCONUT YOGURT

One of our favorite items in the fridge, this yogurt makes its way into our meals on the regular. Loaded with beneficial probiotics and versatile enough to land in a sweet or savory recipe, coconut yogurt is a constant in our homes. Make a big batch of Coconut Yogurt (page xx) for the week ahead, and incorporate it into breakfast, lunch or dinner. It even stands in well for dessert. Top with Goldenberry Granola, cacao nibs, and bee pollen, and your sweet tooth is happy. And, so is your stomach.

CORDYCEPS

The secret weapon of endurance athletes and busy moms alike, cordyceps are a medicinal mushroom, supporting the immune system and respiratory systems alike. A fungus that grows on the heads of caterpillars in the high altitudes of China, cordyceps are now grown in labs and are steeped and dehydrated to become a powdered herb. Some people believe that cordyceps can be used to make a longevity tonic with anti-aging benefits. With a mild nutty taste, they can be added to teas and tonic drinks, smoothies and even coffee. They bring a hit of energy, greater stamina and the promise of boosted immunity. Mushroom magic at its best.

DATES

These sweet, gemlike fruits are used as a sweetener in raw and High Vibrational kitchens everywhere. Because of their sticky texture, they can bind ingredi-

ents to create pie crusts, cookies and raw truffles. Dates pack a healthy dose of vitamins, minerals and fiber. We throw one into our nut milk before blending and straining for a sweetened version. A perfect dessert, they keep your digestion ticking and your sweet tooth satisfied. We buy them fresh in the produce aisle, and keep them in the fridge. Pick your fruits from the tree of life. and get sweet spiritually.

DRIED CHILES

We keep an arsenal of chiles on hand for all occasions. Sometimes, we want to add a bit of smokiness to a dish, and sometimes we want to add a hit of heat. One of the easiest ways to kick our flavors up a notch, we'd be lost without these powerful little plants. Get acquainted with as many as you can. We love to search for them at the farmer's market, and there are so many different varieties that you're bound to find one you love. We rely on serranos, chipotles, chiles de arbol and habañeros in our kitchens. Find the ones you love, and turn up the heat.

FERMENTED VEGETABLES

The most famous fermented vegetables are sauerkraut, and we say kraut rocks. In fact, we always have jars of fermented vegetables on hand and rarely make a meal at home without adding a big spoonful. Even breakfast for us may be a ½ cup or so of fermented vegetables with sliced avocado and hemp seeds. And, when the jar is empty, we use the brine, adding it to raw soups or just drinking it. We buy ours at our local Greenmarket, or, better still, make it at home. Kerrilynn's husband, John, in fact, has become something of a master, mixing tastes and adding unexpected ingredients from kumquats to fennel, ginger, turmeric, beets and apple. Fermented vegetables have moved beyond the classic green cabbage of traditional sauerkraut, and, if you look, you'll most likely discover someone in your area making cool combinations of pickled vegetables.

Some may consider kraut an acquired taste and find it too bracing to enjoy, but as you add it slowly to your diet and commit, you'll undoubtedly find yourself craving its briny brightness. We certainly do, and there are a plenty of reasons to learn to love it. Maybe one of the best things about sauerkraut is that it carries the texture and taste of a cooked food, and yet it's thoroughly raw. It keeps in the fridge for

months making it a year-round pantry staple, and, of course, it's loaded with fiber and plant nutrition. Most important, it delivers a spectrum of beneficial bacteria that encourages good digestion, supports the immune system, improves mood and banishes brain fog. Get to know your kraut. And, get on the highway to high health.

Note: If you're shopping at the grocery store, be aware. Not all pickles and sauerkrauts are the same, and some are completely lacking the probiotic benefits of real sauerkraut. Avoid any sauerkrauts that are not in the fridge, or those that have been pasteurized. Avoid any with vinegar, sugar or preservatives (aside from salt). Look for words like "raw" and "probiotic."

FLAX SEEDS

Some believe that the humble flax seed may be the world's oldest superfood. We're no historians, but we do know what brings us vibrant health. One of the richest sources of plant-based omega-3 fatty acids, these little seeds are nutritional powerhouses. We add them to salads or smoothies to boost our intake of protein. Plant-based bakers make a simple substitute for eggs by soaking 1 tablespoon ground flax seeds in 2½ tablespoons water. Keep them in the fridge for optimal freshness, and get used to sprinkling them over your food on the daily.

GARLIC

The complex and compact cousin of the onion, garlic contains many of the same health benefits, and then some. Both are rich in sulfur compounds, which support the body in a number of important ways (think disease prevention), and even promote strong and lustrous hair. One of the most beneficial of these compounds is activated when garlic is smashed or chopped and then allowed to sit for 10 to 15 minutes. Because of this, we like to start any recipes by smashing the garlic first. By the time we're done with the rest of the prep, the garlic is in top form, ready for cooking and ready to impart its healthiest benefits and deep, pungent flavor. We buy rocambolo garlic from a local farmer and (big surprise!) love to keep fermented garlic on hand for adding to dips and sauces. Raw fermented garlic is less intense and easier to digest than standard raw garlic, and we love its pickled taste.

GENMAICHA

The toast of the town. This exceptional tea makes a green tea lover out of anyone, us included. Since we're not the world's biggest fans of green tea (except for our beloved matcha!), we're always surprised at how much we adore genmaicha. Spiked with roasted brown rice, it has a toasty and roasty flavor that we can't get enough of. Brimming with antioxidants, it's an upleveled take on a classic. Just the way we like it.

GHEE

India at its finest. This ancient ingredient has been a part of Indian culture for thousands of years and will likely be around for another thousand. Clarified from cow or buffalo milk, ghee has a very high smoke point, making it ideal for cooking. Clarifying the milk also eliminates the lactose that many are allergic to. And, don't just keep it in the kitchen. Traditionally used as an ayurvedic beauty treatment, it's an excellent skin moisturizer and hair mask, and is great for relieving burns and cuts. And, did we mention that it's delicious? With a deep, nutty flavor, it reminds us of brown butter. Introduce ghee into your life, and get to know this holy ingredient. It's pure liquid gold.

GLUTEN-FREE FLOUR BLEND

A staple in our pantries, a homemade, premade gluten-free flour blend makes weekend (and weekday) baking activities enjoyable and doable. There are many versions on the market, but you can also make it at home, if you have the time. With a wide-mouthed jar filled with our favorite blend, baking becomes easy. Simplify and streamline.

GLUTEN-FREE OATS

Keep a bag of these in the pantry and know that breakfast, lunch or dinner is moments away. Often considered just a breakfast food, we use them as a base for all our meals. With a low glycemic index and high levels of fiber and trace minerals, this common ingredient has been around for a long time with good reason. Inexpensive, easy to prepare and incredibly adaptable, a jar of oats is always in our cupboards. Sweet, savory or somewhere in between, reinvent the oat.

GOJI BERRIES

Tart, semisweet and funky, this Chinese fruit has become a must-have in our pantries. We add them to tonic drinks, oatmeal, trail mix or eat them straight up with coconut butter and cacao nibs for a High Vibe snack. Loaded with antioxidants and vitamin C (some say they are the healthiest fruit on the planet!), these little berries pack a punch. Add a touch of sweetness, and health, to your day.

HEMP SEEDS

Hemp is having a moment. From CBD oil (see page 000) to ethical clothing to the much-loved hemp seed, this power plant is here to stay. With an abundant source of phytonutrients, hemp seeds are rich in vitamins and minerals, high in GLA (gamma linoleic acid), which has been shown to be beneficial to hormone health, rich in soluble and insoluble fiber and are a perfect protein. We add them to our salads, throw them in the blender with our smoothies and even top our granola or oatmeal with them. Sweet or savory, they're easy like that. This is a truly equal-opportunity seed. Just the way we like it.

HE SHOU WU

Translation: Mr. Wu's long black hair. This adaptogenic herb is rumored to reverse gray hair and increase hair growth and abundance, and, while we're not claiming that you'll have a new head of hair in a few days, we are devotees. Its benefits are rumored to also include glowing skin, stronger nails (we've seen evidence of this firsthand) and boosted immune function. It's the key ingredient in our CAP Beauty Elixir, and we drink it on the daily.

HIMALAYAN PINK SALT

Mountain high. The purest salt on Earth hails from high in the Himalayas. Hundreds of millions of years ago, when the sun's energy evaporated the primal sea, salt deposits formed and then were sealed by glaciers and ice. The pristine pink crystal salt contains the exact same 84 trace elements and minerals found in the human body. A gift from Mother Earth we can't deny. We cook with it, ferment our vegetables with it and use it to finish our meals. And, folded into baked goods, these crystals are like tiny buried treasures, activating every taste. Some use it in the bath to mineralize and promote detoxification. This is truly the salt of the Earth.

KELP NOODLES

We turn to kelp noodles for pad thai, ramen or any meal inspired by Asia. Made of just sea kelp, brown seaweed, and water, they're a rich source of minerals, including iodine, and lend themselves well to fast and easy dishes. A perfect vehicle for whatever you're craving, keep these on hand for a nutritious and delicious alternative to noodles.

LEMONS

Lemons aid. They balance and brighten and jump start our days. We always have lemons on hand, starting each day with a big glass of filtered water with, you guessed it, a healthy squeeze of lemon. And, while the oft-cited lemon water may seem like a wellness cliché, its benefits are real. It alkalizes, aids digestion and supports enzyme function in the body, and lemons are a mighty source of vitamin C. Lemon replaces the vinegar in salad dressings, tops avocado toast and finishes soup. And, because of its high antioxidant score, fruit acids and powerful antibacterial ways, lemons are often called for in DIY beauty treatments. Some use it as a toner or add it to a mask to cleanse and tackle hyperpigmentation. But, proceed with caution! Sensitive types should steer clear, and everyone should boost their sun protection after using lemon in a treatment. Despite brightening the skin, they can increase photosensitivity, leaving you more vulnerable in the end. We usually stick to eating lemons.

LION'S MANE

This mushroom, known as "those who sleep in the mountains" in Japan, is considered to be one of the best for brain and nervous-system health. Containing super high levels of antioxidants, beta-glucan and polysaccharides that deeply support your immune system, this is an ingredient to introduce on the daily. Often referred to as the smart mushroom for its ability to naturally increase nerve growth factor, the data on this friend from the forest are astounding. Heat it up, or make sure to get one that has been prepared as a hot-water extract, as the benefits come to life when heated. This king of the beasts is here to stay.

MAITAKE

Another magical mushroom, maitake are also known as hen-of-the-woods. Loved by chefs and health nuts

alike, these earthy treasures can be roasted and tossed into salads or soups.

MANUKA HONEY

A natural beauty wonder, manuka honey hails from New Zealand and works its magic both inside and out. An active and natural antibacterial, manuka makes a calming cleanser or mask for those with angry and congested skin. Take a spoonful in the morning to boost immunity, or add to teas and tonics. Look for manuka honey with a UMF of 16 or more. UMF is an acronym for unique manuka factor, which is a grading system that identifies quality and guarantees that the honey is indeed from New Zealand.

MAPLE SYRUP

There are those who say that sugar is sugar, but maple syrup delivers its sweetness with a host of minerals, antioxidants and polyphenols. And, because it's a whole food, minimally processed without the use of chemicals or additives, we take it over its highly refined counterparts, like white sugar, any day of the week. We use it primarily for baking, but it can also be used to take the bitter edge off raw cacao puddings and treats. Health nuts know it as the main source of calories in the infamous master cleanse. There is even burgeoning evidence that compounds in maple syrup may inhibit the enzymes that convert carbohydrates to sugar. To that we say, "sweet!" Keep it in the fridge to prevent mold.

MATCHA

The masters of meditation used this Japanese powdered green tea to create a focused calm. We use it for everything. An afternoon pick-me-up more friendly than coffee, a spike to our tonic drinks or smoothies and even an ingredient in baking, matcha is loaded with antioxidants and contains more caffeine than steeped green tea. We also love to add matcha to a mask for a topical boost to our intake of vitamins. For the brightest green and most delicious versions, look for ceremonial grade, and always buy organic.

MILLET

Gluten-free comfort. This pearl like seed can be cooked and served like rice, or cooked longer and with more water to create a porridge. It's rich in pre-

biotics, fiber, B vitamins and minerals like magnesium, calcium and manganese. Toss it into muffins, or swap it for couscous to uplevel your next tagine.

MISO

This Japanese culinary staple is traditionally made from fermented soy beans, salt and rice, though chickpea miso is earning its way to a special place in our hearts. It lasts forever in the fridge, and we always keep a jar on hand for making salad dressings, dips and, of course, the classic miso soup. A thick paste, miso ranges from white to red and dark varieties, depending on the length of fermentation, with the darker varieties being deeper in flavor. Add it to wraps, dress your crudité or stir it into soups for a hit of deep umami flavor and a dose of probiotics.

MULBERRIES

An ancient superfood and superstar of traditional Chinese medicine (TCM), mulberries are a relative of figs that can be eaten fresh or dried. TCM practitioners know them as a blood tonic and even use them to boost libido. They're rich in zinc, resveratrol and a host of antioxidants like vitamin C. They even contain good amounts of vitamin B6. We eat them dried as a delicious snack, add them to smoothie bowls and trail mixes and our ingenious friend Karolina grinds them up and uses them in place of sugar for her delicious raw chocolate bars. Sweet and tart, they deserve a prime spot in your cupboard.

MUNG BEANS

Jewels in the crown of ayurveda, mung beans work for all doshas and are loaded with fiber and phytonutrients. Plus, they're more easily digested than other beans, which means no bloating. A long-time staple of Indian and other Asian cuisines, mung beans are gaining traction across the globe, especially among the wellness set. Buy them whole or, for a faster cooking time, try them split. They're also great sprouted and added to salads or avocado toast. Mung beans don't require soaking, which makes them a perfect pantry staple. Add them to soups or make a big pot of Compost (page XX) Load it with vegetables, and eat like a king.

MUSTARD

Mustard, the multinational condiment, is many things

to many people. It skews German at times or French or Chinese or thoroughly all-American at others. It can be grainy or smooth, spicy or mellow. But, at the core, all mustards are simply mustard seeds blended with water (or another liquid), plus vinegar. Learn to make mustard at home, and you can start to improvise, shifting its status from common condiment to health food. Start with black, brown or yellow mustard seeds (the yellow seeds are actually called white). Add spices like turmeric and Himalayan pink salt. Swap classic wine vinegars for the Higher Vibrational apple-cider vinegar. Mustard seeds themselves are a member of the much-touted family of cruciferous vegetables, which makes them a cousin of heavy hitters like broccoli, cauliflower, and kale, all well-loved for their hormone-balancing, disease-fighting ways. And, like their kin, mustard seeds are packed with nutrition. Some use them to boost metabolism or encourage hair growth. They're also a potent anti-inflammatory and are loaded with minerals and phytonutrients. Use the seeds as a spice in dishes like Indian-spiced potatoes or cauliflower, or blend and use it as a condiment to add bite to dressings, dips and wraps. Just say yes to mustard. In any language you choose.

NUTRITIONAL YEAST

Parmesan has met its plant-based match. This yellow flaky powder is an inactive yeast and is used to add flavor and nutrition to everything from popcorn to raw soups and pastas. Because of its nutty, cheese-like taste, Nutritional Yeast, or "Nooch," is a staple in many vegan kitchens and the ticket to a perfect plant-based Caesar Salad. Rich in amino acids, minerals, and the elusive B complex vitamins, Nooch earns a spot on our top shelf.

NUTS

Go nuts. Embracing a plant-based diet means seeking alternative sources for protein, fat and satiety, and as you eat less animal protein, you may find yourself relying more heavily on nuts. This is especially true for those on grain-free diets. Nut milk, nut cheeses, nut flours, and trail mixes can be healthy staples and snacks, but be mindful. As with all food groups (and all aspects of life), we say diversify. So many of the snacks, milks and baked goods available in the plant-based and even Paleo worlds are made with almonds or almond flour. And almonds

are, for many, a fantastic food. But, you can get too much of a good thing, leading to food sensitivities. Make nut milk at home, replacing almonds with Brazil nuts or filberts, or a delicious combination of the two. Or, try a seed milk instead. We replace nuts with seeds in many of our recipes (like pestos and pie crusts), and use them almost interchangeably. In addition, nuts are a dense food and can be difficult to digest. We recommend sprouted or activated nuts. Soaking them before use not only helps with digestibility but also it may improve the bioavailability of the nutrients in the nuts. Buy raw, sprouted or activated nuts and store them in the fridge.

OLIVE OIL

Back to basics. This Mediterranean hero is widely loved for its omega fatty acids and plant polyphenols. It's our favorite way to dress a salad (along with a big squeeze of lemon and some Himalayan pink salt), and we also love it drizzled over soups. Make sure to source your oil carefully, as impostors abound. Choose cold-pressed extra-virgin oils, as they are less processed. Some studies even show that extra-virgin olive oils have greater anti-inflammatory benefits than nonvirgin. Different regions yield different flavors of oil (we love California and Provence!), and investing in an artisan variety will change your salad game forever.

OLIVES

The prize in any dish they grace, olives deliver intense flavor and brine. We generally go for naturally fermented black olives, oil-cured or salt-brined. But, our favorites are the Peruvian botija variety from Sunfood. They have nothing added, no salt or oil, and bring a flavor that is pure and intense. They don't come cheap, but a little goes a long way. Of course, we love to add them to bowls and salads and sprinkle them on just about everything. And, they make the perfect accompaniment to a tray of crudité's, a post-work staple when we just can't wait for dinner. These black beauties are a gift from the gods.

ONIONS

The start of any great meal, onions in the pantry mean a healthy homemade dinner on the table. We keep a variety on hand. White for chopping raw into guacamole, yellow for starting soups and cur-

ries, red for adding to salads and sandwiches and, Cindy's favorite, the refined and flavor-packed shallot, for a perfect Parisian vinaigrette. Onions are loaded with polyphenols, flavonoids, vitamin C and phytonutrients. Be sure not to over peel as so many of the most vital nutrients are in the outermost layers. We sometimes toss them into soups with their papery skins intact. Just remember to pull them out when dinner is served. High health starts here.

PEPITAS

Seeds of Life. The green seeds of a pumpkin, these delicious pods are in heavy rotation in both of our kitchens. They deliver a powerful dose of zinc and other vital minerals and are easier to digest than nuts. We toast them and add them to salads and smoothie bowls, or soak them and dehydrate with seasonings for a nutritious and activated snack. If you don't have a dehydrator, you can buy them sprouted either plain or seasoned. They find their way into our carrot salads and banana muffins, and are delicious with savory and sweet foods alike.

PORCINIS

Porcinis pack power. We buy the dried variety of these mushrooms and love them not only for their earthy, woodsy taste but also for the minerals, protein and B vitamins they deliver. To use dried Porcinis, simply steep them in hot water for 20 minutes. As they rehydrate, they'll also impart their deep flavor to the soaking liquid, making a great broth to add to soups and sauces. Italy unearthed.

PRESERVED LEMONS

They typically line the shelves of gourmet shops or hide like hidden treasures in a Moroccan tagine, but for all their exotic appeal, preserved lemons couldn't be easier to prepare. Invest in a jar of the premade variety, or begin the simple process of curing your own. All it takes is a jar, good quality salt, and about a month. Through the curing process, the bracing tartness subsides and the whole lemon, rind and all, becomes easy and delicious. This is especially good news, since so many nutrients live in the rind. Keep jars of these beauties on hand to boost your intake of fermented foods and the ever-mighty vitamin C. Preserved lemons add flavor and brightness to salads, pastas or avocado sandwiches. Bright without the fight.

PROBIOTICS

We kick off each and every morning with a daily dose of live bacteria. By now, almost everyone is aware of the burgeoning research around friendly bacteria, the microbiome and its relation to our health, our immune system and even our moods and cravings. We strive to keep things in balance by supplementing the probiotics we get naturally through fermented foods and soil. (Yes, that's right, not washing our vegetables can be a source of probiotics. Another reason to buy local and organic, or grow your own!) A probiotic supplement, usually in pill form, may contain one or a number of strains. These are the scientific names of the cultures listed on the package. And here again, as in so many areas of health, we say diversify! Getting a range of good bacteria is the goal, so look for supplements with at least three different strains. We pop our pills with a big glass of water as soon as we wake up, but it doesn't end there. In addition to capsules, we keep probiotic powders on hand for adding to smoothies, juices and bowls. And, probiotics are the catalyst for turning coconut milk into coconut yogurt. Some even add probiotics to at-home masks to fight acne and restore balance to the skin. Populate your system with good friends. Populate your fridge with probiotics.

PUMPKINS

We're not huge fans of canned foods, but they do serve a purpose when trying to get a meal on the table. They're also great to have on hand for a pumpkin smoothie when your produce drawer is low. We also love an upheveled version of the favorite Autumn Latte. Add this to your afternoon tonic drink and put on a cozy sweater. Autumn is here.

Pumpkin is also a great ingredient to look for in skin care. A powerful enzymatic peel is just a mask away with pumpkin in the ingredient list.

QUINOA

This superfood pseudograin hails from South America. Technically a seed, quinoa is high in protein and contains all nine essential amino acids, which makes it a plant-lover's dream. We keep containers of cooked quinoa on hand to add to salads or soups and use it to replace couscous for a vegetable tagine. You can even use it instead of bread crumbs. Aside from the protein, it's loaded with fiber, miner-

als and antioxidants, and it cooks in just 20 minutes. A true pantry staple for the High Vibe kitchen.

RED LENTILS

These coral beauties make the base for an Indian-style red lentil dhal and blend perfectly with an array of thermogenic spices. They usually come split and cook quickly with no soaking required, and so we love to keep them on hand for Winter weeknight dinners. They're loaded with protein and fiber, too. Add Dhal to a bowl with Cauliflower Rice, bitter greens, a few slices of roasted sweet potato and fermented red cabbage. Top with lemon. Vibrant. Warming. Dinner is done.

REISHI

Known in some circles as the queen healer, reishi is an adaptogenic mushroom revered by both Eastern and Western healers. Generally taken as a tea or tonic herb, reishi is said to support immune function, encourage healthy sleep and combat anxiety and stress. But traditional Chinese medicine also recognizes reishi for its spiritual side. In this light, reishi is a shen tonic, supporting our fertile and creative energies and bringing lightness and inward awareness to the body. You can find reishi in supplement form, but we like reishi powder to add into our tonic drinks and even our raw chocolates and desserts. There are many varieties of reishi, from red to purple to the very rare white, so look for a supplement that delivers a blend. Balance the body, awaken the spirit. Hail to the queen.

SEA BUCKTHORN BERRIES

These supertart, super-delicious and superfood berries hail from the Himalayas and are loaded with vitamin C and Omega-7's, making them a superior food for skin health and immune support. Used topically, they have been a powerful source of relief and regeneration for burn victims. We love pure, pureed sea buckthorn berries and add a dash with bitters to sparkling water for a hydrating, refreshing and nourishing treat. Trek to your healthiest skin.

SEAWEED

Let the sea feed you. Mineral dense and high in iodine, we look to seaweed to tease out Asian notes and create an intense depth of flavor. Our favorites

include kombu for creating a plant-based dashi and for soaking our beans, Wakame is for our morning porridge, nori sheets are for making wraps and dulse is for sprinkling over soups and salads.

SESAME OIL

The great ayurvedic elixir, sesame oil has been used for centuries to heal, detoxify and beautify. It's the traditional oil used for oil pulling because of its potent antifungal and antibacterial properties and is even said to help whiten teeth. Rich in collagen-promoting zinc and natural sun protectants, sesame oil also makes a great body oil. Ayurvedic practitioners turn to sesame oil for just about every topical treatment, but we also keep it in the kitchen. The toasted variety lacks some of the health benefits of the cold-pressed, but its incredible, intense toasty and nutty flavor makes it a potent seasoning for seaweed salads, rice bowls, and sautéed greens. And, a little goes a long way, so we can keep things light. It's a great addition to miso dressings, too. Cold-pressed sesame oil has a high smoke point and is resistant to going rancid, making it a good oil for cooking and a trusted pantry staple. So pour it on, or pour it in.

SESAME SEEDS

These tiny seeds deliver more than their share of flavor, and we keep them on hand to add a nutty depth to salads, stir-fries, soups and popcorn. We especially love them in tandem with seaweed flakes for a delicious hit of umami. And, like other seeds, they go sweet as well as they go savory, so consider tossing them into your next batch of muffins or raw cookies. High in minerals, like zinc and calcium, sesame seeds also contain two unique lignans said to support heart health. Buy them hulled or whole, use them raw or toast them lightly to activate their flavor or blend them with filtered water and strain for a delicious seed milk. For minerals and major flavor, open sesame.

SHIITAKE

The perfect complement to bitter greens and a staple of both Japanese and Chinese cooking, shiitake mushrooms, with their smoky, woody flavor, hold high court in our CAP Beauty kitchens. Cindy tosses a batch in the oven to roast with a good helping of Himalayan pink salt before she even knows what's

for dinner. They'll most likely find their way into a big arugula salad or cauliflower rice bowl. Loaded with minerals and B vitamins, they're anti-inflammatory, antibacterial and actually antifungal (it takes one to know one!), making them a great addition for those battling yeast. With their meaty taste, they're ideal for anyone transitioning to a plant-based diet. Buy them fresh or dried.

SUNFLOWER SEEDS

Turn to the sun. The French call sunflowers *tournesols* because of their knack for turning to face the sun, their eternal source of life and light. It's no wonder that their seeds are a treasured addition to any High Vibrational kitchen. Loaded with protein, healthy fats, minerals and fiber, sunflower seeds are the perfect nutty and nutrient-dense addition to salads and trail mixes. We soak them with a touch of apple-cider vinegar, and make seed milk for smoothies and nut-free baking. Buy them shelled and store them in the fridge, as they do become rancid somewhat easily. We also love sunflower seed butter as an alternative to nut butters. Let in the light.

SUPERFOOD BLENDS

Our friend Theo calls them superior foods, the exotic and ancient berries, roots, algae, seeds and fungi that deliver radical supplies of antioxidants and whole-body support. And, as word spreads of the benefits of including these foods in our diets, we're met with a dizzying array of powdered blends for both general health or targeted goals. We embrace these superfood blends to boost our intake of nutrients, balance hormones, support immune function and promote deeper sleep and better focus. Take advantage of these offerings. Find one (or many) that resonate with you and your goals, and keep them on hand to add to smoothies, teas and tonics. Get your daily dose of superior.

TAHINI

The vegetarian diet may have never gained traction if it weren't for this simple sesame seed paste and the perfect dressing it delivers. Truly, any macro bowl, plate of steamed vegetables, or mezze platter shifts to the realm of comfort food when paired with a perfect tahini sauce. Tahini is nothing more than 100 percent ground sesame seeds. For a basic

tahini sauce, simply thin it with lemon juice and/or water and salt. You can add garlic and herbs. We've been known to throw in some chlorella. Straight or laced, tahini delivers healthy fats, B vitamins and a whole lot of calcium. Dress your plants with this high hippie staple, and don't look back.

TAMARI

As you convert your kitchen to a place free from gluten and rich in nuanced and balanced flavors, you'll swap your standard soy sauce for this High Vibrational Japanese version. Unlike common soy sauce, tamari is made without wheat. (Double check the package, as some tamaris do contain small amounts of wheat). And, while both are made from fermented soy beans, tamari is a more-balanced, rich and delicate ingredient. Look for organic and non-GMO. Then, get right at it with a homemade batch of Tamari Almonds. On a sheet pan, simply oven-roast the almonds for 20 minutes at 300°F. Remove and toss with a few spoonfuls of tamari. Then, return to the oven for 5 minutes more. We love these added to salads or dragon bowls.

TIGER NUTS

These chewy, sweet snacks are actually a tiny root vegetable. Rich in prebiotics, they feed our healthy bacteria to sustain a healthy gut balance. Use them to top a smoothie bowl, add to trail mixes or make a tiger nut milk. Look for the shaved version for an easier texture and for tiger nut flour to replace almond or coconut flour in many recipes.

TOCOTRIENOLS

This airy and sweet vanilla powder is actually a rice-bran soluble, or the bran of the rice minus the fiber. Tocotrienols are packed with vitamins D and E, making them a genuine beauty food. We use tocotrienols much like a high vibe nondairy creamer, adding them to our teas and tonic drinks to deliver a mellow, creamy sweetness. Add to smoothies, or eat by the spoonful straight from the package. Tocotrienols can also be used topically, and our estheticians at CAP Beauty regularly mix them into custom face masks to deliver hydration and a topical hit of vitamin D and vitamin E. There was a time when tocotrienols were impossibly expensive, but sound-wave technology has made them easier to produce. Now, we can spread the love far and wide. Tocotrienols for all!

TURMERIC

Go for the gold. The king of medicinal foods, turmeric is among the most anti-inflammatory ingredients we know. It's a true superfood and should be in heavy rotation in any High Vibrational kitchen. The chief ingredient in curries, it boasts a deep golden color and an earthy, aromatic taste. Turmeric derives its superpowers from a substance called curcumin, which delivers these powerful anti-inflammatory effects as well as a mighty dose of antioxidants. Curcumin is not easily absorbed by the body, so pair turmeric with black pepper and a healthy fat like coconut oil, to increase its bioavailability. Buy fresh turmeric root or powdered turmeric in the spice aisle. We love a simple tonic made from coconut butter, powdered turmeric, ginger and a hit of black pepper. Add hot water, blend and drink in the gold rush.

UMEBOSHI PLUMS

High Vibrational hangover helper. And, so much more. Because they settle the stomach, energize and detoxify, umeboshi plums are a trusted antidote when you've overindulged. Take one before bed or on waking, to ease symptoms and revive. (Brace yourself! They're tart . . . and salty!) But, even if you've practiced restraint, these Japanese pickled plums aid digestion, fight bacteria, and alkalize, alkalize, alkalize. They're a staple of macrobiotics for good reason. Because of their intense taste, they're often used as a condiment or minced and added to salad dressings, rice dishes or wraps. You can also buy them as a paste. And, ume plum vinegar is actually not a vinegar at all, but the pickling liquid from producing umeboshi plums. For a hit of bracing tartness and systemic support, we're turning Japanese.

WRAPS

One of our favorite health food discoveries of the past few years are the spate of gluten-free, grain-free, raw and vegan flatbreads made from fruits, vegetables and seeds. When processed grains are replaced by low calorie and nutrient dense whole foods, our sandwiches and wraps become superstars. Coconut wraps are great for a sweeter treat like a nut butter sandwich, but also look to wraps made from zucchini, apple, onion and superfood seasonings like spirulina and turmeric. Top with grated salads, sprouts, avocados and seeds. Then, wrap it up, and win.