



# The Sovereign Pantry

## A Guide to Stocking a Beautiful, Nourishing Kitchen

**Vegetarian • Gluten-Free • Dairy-Free**

*"Stewardship begins with the ordinary choices we make every day—including what we bring into our homes."*

A well-stocked pantry isn't about perfection. It's about creating a home where nourishing yourself and your family feels simple, beautiful, and sustainable. This guide is designed to help you build a kitchen filled with wholesome ingredients that support the life you're intentionally creating.

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## Weekly Fresh Produce

### Leafy Greens

- Spinach
- Mixed Greens
- Romaine
- Kale
- Arugula

### Vegetables

- Broccoli
- Cauliflower
- Bell Peppers
- Cucumbers
- Zucchini
- Carrots
- Celery
- Sweet Potatoes
- Mushrooms

- Green Onions
- Brussels Sprouts
- Green Beans
- Asparagus

## Fresh Herbs

- Basil
- Cilantro
- Parsley
- Dill
- Rosemary
- Thyme
- Mint

## Plant-Based Proteins

- Chickpeas
- Lentils
- Black Beans
- Pinto Beans
- Kidney Beans
- White Beans
- Edamame
- Organic Tofu
- Tempeh

## Fresh Fruit

- Apples
- Bananas
- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Grapes
- Oranges
- Lemons
- Limes
- Pears
- Avocados
- Kiwi
- Mango
- Pineapple
- Cherries
- Peaches (seasonal)

## Whole Grains

- Quinoa
- Brown Rice
- Wild Rice
- Certified Gluten-Free Oats
- Millet
- Buckwheat
- Sorghum
- Teff

## Nuts & Seeds

- Almonds
  - Walnuts
  - Pecans
  - Cashews
  - Pumpkin Seeds
  - Sunflower Seeds
  - Hemp Hearts
  - Chia Seeds
  - Ground Flaxseed
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## Healthy Fats

- Extra Virgin Olive Oil
  - Avocado Oil
  - Coconut Oil
  - Tahini
  - Almond Butter
  - Cashew Butter
  - Natural Peanut Butter
  - Avocados
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## Dairy-Free Staples

- Unsweetened Almond Milk
- Coconut Milk
- Oat Milk (Certified GF)
- Cashew Milk
- Coconut Yogurt
- Almond Yogurt
- Vegan Butter
- Nutritional Yeast

## Pantry Essentials

- Sea Salt
  - Black Pepper
  - Garlic Powder
  - Onion Powder
  - Smoked Paprika
  - Turmeric
  - Cumin
  - Italian Seasoning
  - Oregano
  - Cinnamon
  - Chili Flakes
  - Vanilla Extract
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## Pantry Staples

- Diced Tomatoes
- Tomato Paste
- Coconut Milk
- Vegetable Broth
- Salsa
- Olives
- Hearts of Palm
- Artichokes
- Coconut Aminos
- Tamari (GF)
- Dijon Mustard
- Apple Cider Vinegar
- Balsamic Vinegar
- Maple Syrup
- Raw Honey (optional)



## Freezer Staples

Keep these on hand for busy weeks.

- Mixed Berries
- Mango Chunks
- Cherries
- Broccoli
- Cauliflower Rice
- Stir Fry Vegetables
- Green Beans
- Spinach
- Edamame
- Sweet Potato Fries



## Better-for-You

### Treats

Because nourishment includes joy.

- Dark Chocolate (70%+)
- Medjool Dates
- Trail Mix
- Roasted Chickpeas
- Popcorn
- Coconut Chips
- Unsweetened Dried Fruit
- Nut Butter Energy Balls



## Always Keep on Hand

If your pantry has these staples, you can create countless nourishing meals without another trip to the store.

- Quinoa
- Brown Rice
- [Einkorn](#) or another whole grain like Spelt
- Lentils
- Chickpeas
- Black Beans
- Vegetable Broth
- Olive Oil
- Garlic
- Onions
- Lemons
- Gluten-Free Oats
- Frozen Vegetables
- Frozen Fruit
- Nuts
- Seeds
- Coconut Milk
- Tamari



# My Weekly Grocery Staples

These are the ingredients I almost always keep stocked.

## Produce

- Spinach
- Mixed Greens
- Broccoli
- Bell Peppers
- Cucumbers
- Carrots
- Avocados

Bananas

Apples

Lemons

## Protein

- Chickpeas
- Lentils
- Organic Tofu
- Edamame

## Pantry

- Oat Milk
- Olive Oil
- Quinoa
- Brown Rice
- Almond Butter
- Nuts
- Seeds



# 10 Simple Meal Ideas

## **Breakfast**

- Overnight Oats with Berries & Chia
- Green Smoothie
- Avocado Toast on Gluten-Free Bread
- Coconut Yogurt Parfait
- Peanut Butter Banana Oatmeal

## **Lunch**

- Mediterranean Chickpea Salad
- Quinoa Power Bowl
- Lentil Soup & Side Salad
- Hummus Veggie Wrap (GF Tortilla)
- Roasted Vegetable Grain Bowl

## **Dinner**

- Vegetable Stir Fry & Rice
  - Stuffed Sweet Potatoes
  - Coconut Chickpea Curry
  - Black Bean Tacos (Corn Tortillas)
  - Sheet Pan Vegetables with Quinoa
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# Simple Hosting Staples

Beautiful hospitality begins with the people who already live in your home.

Keep these on hand for spontaneous guests:

- Sparkling Water like [La Croix](#) or [Bloom](#)
  - Herbal Tea ( I loooove [Harney & Son's Paris blend](#) to share with guest)
  - Quality Coffee
  - Fresh Fruit
  - Mixed Nuts
  - [Dark Chocolate](#)
  - Gluten-Free Crackers
  - Hummus
  - Olives
  - Fresh Flowers
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# Favorite Better-For-You Brands

## Pantry

- Bob's Red Mill
- [Jovial Foods](#)
- Simple Mills
- Siete Foods
- Primal Kitchen

## Snacks

- LesserEvil
- Hu Kitchen
- Unreal
- Mary's Gone Crackers
- MadeGood

## Dairy-Free

- Califia Farms
- MALK Organics
- Kite Hill
- [Mooala](#)
- Forager Project

## Kitchen Essentials

- Stasher Bags
- Weck Jars
- Ball Mason Jars
- Glass Food Storage Containers
- Wooden Cutting Boards
- Cast Iron Skillet

# Seasonal Pantry Additions

## Spring

- Fresh Herbs
- Asparagus
- Peas
- Strawberries
- Radishes

## Summer

- Tomatoes
- Peaches
- Berries
- Zucchini
- Cucumbers

## Fall

- Apples
- Squash
- Pumpkin
- Cinnamon
- Pears

## Winter

- Citrus
- Root Vegetables
- Warm Grains
- Herbal Teas
- Soup Ingredients



# The Sovereign Kitchen Checklist

Use this checklist as you slowly build a pantry that supports the life you want to live. Remember—you don't have to buy everything at once. Stewardship is built one intentional choice at a time.

## Fresh Produce

- Leafy Greens
- Seasonal Vegetables
- Seasonal Fruit
- Fresh Herbs

## Pantry

- Whole Grains
- Beans & Lentils
- Healthy Oils
- Vinegars
- Spices
- Nuts & Seeds

## Refrigerator

- Dairy-Free Milk
- Dairy-Free Yogurt
- Tofu or Tempeh
- Hummus

## Freezer

- Frozen Fruit
- Frozen Vegetables
- Edamame

## Hosting Essentials

- Sparkling Water
- Herbal Tea
- Coffee
- Fresh Flowers
- Dark Chocolate
- Gluten-Free Crackers



# A Final Thought

A beautiful kitchen isn't measured by matching containers or perfectly organized shelves.

It's built through quiet acts of stewardship.

Filled with the ingredients waiting to become a nourishing meal.

The loaf of bread shared around the table.

The soup waiting to be delivered to a friend.

The fresh flowers beside the sink.

The coffee poured before the house wakes.

*These ordinary moments are never ordinary.*

**They are the foundation of a beautiful life.**

May this guide help you create a kitchen that nourishes not only your body, but your home, your relationships, and the life you're intentionally building—one meal, one gathering, and one ordinary day at a time.

 Jess