

# Good Mood Pantry Staples

Key items to have in the pantry, refrigerator or freezer to support your Good Mood Menu Plans.

Frozen	Canned legumes	Canned other	Nuts / seeds	Grains and cereals
Berries	Brown lentils (canned, no added salt)	Sardines (canned)	Pecans	Rolled oats/steel cut oats
Edamame	Green/red lentils	Tuna (canned)	Mixed nuts	Wild rice
Veggies	Chickpeas (canned, no added salt)	Corn kernels	Brazil nuts	Brown rice
Banana	Butter beans (canned)	Low salt / sugar baked beans	Almond (slivers)	Wholemeal couscous
	Cannellini beans (Canned)	Diced tomatoes	Whole almonds	Sourdough bread
	Edamame beans (frozen)		Almonds (flaked)	Vita-Weat (or wholegrain) biscuits
			Walnuts	Quinoa
Dried fruit	Condiments	Other	Pistachios, shelled, unsalted	Tricolour quinoa
Sultanas	Extra virgin olive oil	Desiccated coconut	Hazelnuts	Quinoa flakes
Apricots	Salt & pepper	Dark chocolate (suggested 70% +dark)	Dukkha	Wholemeal self-raising & plain flour
Cranberries	Pesto	Red/ brown onion	Almond meal	Dairy / Alternative
Currants	Tahini	Fermented vegetables or sauerkraut	Pepitas	Low fat Greek yoghurt
Prunes	Honey	Baking Powder	Linseed, Soy, Almond Meal (LSA)	Low fat milk
Dried figs	Maple syrup	Bicarb soda	Sunflower seeds	Low fat feta cheese
Dates	Dijon mustard	Vegetable stock	Chia, flax or hemp seeds	Low fat ricotta cheese
	Wholegrain mustard	Vanilla essence	Sesame seeds	
	Tomato paste (no added salt)	Balsamic vinegar	Peanut butter	
	Olives	Ginger knob		
	Hummus	Garlic		