



HEALTHY PANTRY STAPLES TO ALWAYS HAVE ON HAND

Want more flavor in your healthy meals? Just add spices to make cooking more delicious, more satisfying and more fun.

HEALTHY EATING

Spice Up Your Cooking

You've embarked on your wellness journey—but you're worried about keeping your enthusiasm high and wondering if your meals still can be interesting and flavorful.

No need to worry! Healthy eating should not be bland and boring. If you've been enjoying OhSoGood in your café, you know it's all about full meals with full flavor. We want to help you have that same experience at home, too. So, open your spice drawer and bring flavor to your meals!

Here are items to have in a healthy pantry:
Healthy Pantry Staples to Always Have On Hand!

- legumes; dried beans, lentils, soybeans, or canned beans with no added salt
- canned light albacore tuna
- whole grains such as barley, quinoa, popcorn, whole grain pasta, or brown rice
- steel-cut oats
- no salt added canned diced tomatoes and tomato sauce
- low-sodium vegetable broth
- shelf stable milk such as unsweetened plain soymilk or almond milk
- no-salt-added peanut or almond butter
- raw almonds, cashews, walnuts, and sunflower seeds
- dried apricots, dates, and raisins
- dijon mustard
- cider vinegar
- olive oil
- nutritional yeast

Pantry stocked? Get cooking with some of our healthy recipes .