

# HOW TO BUILD A PANTRY

## FOOD

## WHAT TO MAKE

Broth

Soups, gravy, rice

Raw Milk & Cultured Dairy

Milk & yogurt smoothies,  
Butter on steamed veggies,  
Cream cheese; ice cream

Good Fats

Saute veggies, meats, eggs,  
Baked goods, Sauces &  
gravies

Fermented Vegetables

Sauerkraut, fizzy drinks,  
kimchi

Soaked Grains, Nuts, & Legumes Pancakes, porridge, baked  
goods, digestible crispy  
nuts and bean dishes

Sourdough Bread

One recipe, 10 products  
(buns, tortillas, pizza  
dough, etc.)

## Organic Meats and Eggs

Beef, chicken as focal points  
including gravies & offals

Breakfast eggs, egg salad,  
smoothies

## Fresh Fruits and Vegetables

Steamed/baked side dish,

Main fresh salads

Fermented foods/drinks