

GAPS

Stocking the Larder (Pantry)

When you start stocking your larder, be sure to get the best ingredients you can find. Organic, pastured, and farm-fresh is always best. It may take a little investigating to find all your sources for good reliable food, but once you do it will be easy to stock up on supplies that will last for months. An extra fridge and/or freezer can be helpful, especially if you are trying to be economical and buy in bulk. A local Weston A. Price Foundation chapter leader can help source the best ingredients in your area.

Unrefined sea salt

Organic spices

Raw nuts, seeds, and nut and seed butters

Organic pastured eggs

Organic pastured chicken and pork

100 percent grass-fed beef and lamb

Chicken heads and feet

Sugar-free bacon

Organic coconut oil

Red palm oil

Ghee

Sesame oil

Cold-pressed olive oil

Coconut vinegar

Whey

Sauerkraut or pickle juice

Fresh fruits and vegetables

Whole raw milk to make

yogurt and kefir

Whole raw cream to culture and make butter

Raw cultured butter

Coconut aminos (a soy-free seasoning sauce)

Shredded coconut flakes, large and small

Dried fruit

Unprocessed homemade condiments

**Pastured lard, beef tallow,
lamb tallow, duck fat
Herbal teas
Coffee substitute (I like Dandy
Blend)
Kefir grains
Bone broth and meat stock:
chicken, beef, and fish
Great Lakes Gelatin
Raw honey
Fermented vegetables
Bragg's Apple Cider Vinegar**

**Almond and homemade
coconut flour
Roasted carob or raw
unsweetened cacao powder
Full-fat coconut milk
Pure vanilla extract
Onions
Garlic
Squash
Fresh ginger and turmeric**