



FIGHTING FLARE

One mom. One kitchen. One kid with IBD. Get ready for the food fight of the century!

SCD PANTRY STAPLES

Having a well-stocked SCD-legal pantry makes living the SCD life easier. Use this list as a guide to stock your favorite ingredients. With an assortment of protein, produce and healthy fats on hand, you'll be able to whip up a delicious SCD-legal meal at a moment's notice.

*Be sure to check ingredients on everything to be sure you are not getting unwanted sugars or additives.

In the Pantry

- Almond Flour (blanched)
- Almond Meal
- Coconut Flour
- Coconut Oil
- Coconut Milk
- Coconut Flakes
- Baking Soda
- Honey (raw if you can find it)
- Vanilla Extract
- Extra Virgin Olive Oil
- Vinegar (cider, white, wine)

- Raw Nuts & Seeds
- Nut & Seed Butters
- Dried Fruits

- Dried Beans and Lentils
- Canned Tomatoes, Sauce, Paste
- Olives and Pickles
- Dried Mushrooms
- Canned Tuna, Salmon

- Peppermint Tea
- Green Tea

In the Fridge

- Eggs
- Butter, Ghee or Bacon Fat
- SCD Yogurt
- Assorted Aged Cheeses
- Grated Parmesan
- Pesto

- Bacon (sugar-free)
- Prosciutto (sugar-free)

- Fresh Juices (not from concentrate)
- Sparkling Water (unsweetened)
- Homemade Nut Milks
- Homemade Nut Butters
- Dried Dates

- SCD Mayo
- Mustard
- Horseradish
- SCD Ketchup (homemade)
- SCD BBQ Sauce (homemade)

In the Freezer

- Peeled Bananas
- Berries and Fruits
- Veggies
- Fresh Herbs
- Pre-Soaked, Par-cooked Beans
- Chicken Stock (homemade)
- Cooked Shrimp
- Fish
- Chicken Breast or Thighs
- Ground Meat

Via: <http://fightingflare.typepad.com>

