

LEVEL UP YOUR PANTRY

LEVEL 1

Here are the pantry items we strongly suggest you purchase in case of emergency. If you have these items with you, you'll have a WAY higher chance at sticking to your diet goals.

Canned tuna or chicken

Cooking oils (choose one)

olive oil
coconut oil
ghee

Spices

Emergency frozen protein

bag of chicken breasts
steaks
pork chops
hamburger patties

Frozen Veggies

Nut Butter(s)

cashew
almond



LEVEL 2

Some great additional items great to keep around, many of which are going to be essential in any basic recipe you put together.

Nuts

walnuts
almonds
cashews
pecans



Canned/jarred/boxed tomatoes (diced)

Tomato Paste

Boxes of Broth

beef
chicken
vegetable

Coconut Aminos

Cans/boxes of coconut milk

Vinegar (choose one)

balsamic
red wine
apple cider

Mayo

Lemons or limes

BONUS

Now, we know this list is pretty paleo focused, but not all of us Rebels are strict paleo. That's totally fine. If you're just beginning your transition, paleo-ish, vegetarian, or following an 80/20 system, here are a few items that you can add to your pantry that will help you out too!

Canned beans

White rice

Quinoa

Protein powder

