

# Pantry Lists



## FALL/WINTER (VATA SEASON)

- Red/Yellow Lentils
- Chickpeas
- Adzuki beans
- Basmati Rice
- Quinoa
- Honey/Maple Syrup
- Almonds
- Ghee, Coconut oil and/or EVOO
- Acorn/butternut/buttercup/delicata squash
- Sea vegetables
- Sweet potato
- Carrots
- Turnips
- Parsnips
- Rutabaga
- Dates
- Raisins
- Leafy greens (kale, collards, mustard, chard)
- Beets
- Cauliflower
- Onions/garlic
- Apples
- Pears
- Figs