TRUST THE UNPROCESSED'S:

Unprocessed Pantry Guide

Come Peek Into My Pantry
Sabina Rza, @trusttheunprocessed

I'm Sabina, Certified Health Coach, & Founder of Trust the unprocessed

Part of living an unprocessed lifestyle, means limiting the packaged foods we eat. Eating packaged foods, doesn't have to be unhealthy but the foods you choose matter.

In this guide, I will teach you best practices when reading labels to empower you to make your own choices. Then I will share my pantry staples.

I am not currently sponsored by any of the brands I have included in this guide. I am simply picking my favorites based on ingredients. I hope you find it useful. Eating healthy is important always, but especially vital right now.

Xoxo, Sabina

Food Labels 101

One of the first things I teach my coaching clients is how to read a food label.

Pop quiz: What are the MOST important things to look for on the label?
Calories? NO. Carbs? NO. Fat? NO.

The answer is... Ingredients & Sugar content.

My golden rule for ingredients is if you can't pronounce it, or are not sure what it is, don't eat it...and if it starts with High fructose corn syrup, please drop it and run!

Now, if you are eating REAL foods, based on ingredients you can recognize, the calories, carbs and fat content should be less important than sugar, generally speaking.

Sugar can take on many names like glucose, fructose, corn syrup, but no matter what the name, if it is found in packaged foods, it likely isn't good for you, even in small amounts.

Do not get caught up in the marketing. The label does not lie. Please always remember to check for foods that might interfere with your dietary restrictions.

Please be mindful of serving sizes as well...because like anything, too much of a good thing can be bad!

MY PANTRY STAPLES

- **Peanut & Almond Butter**
  - My favorite brands are Crazy Richard's & Santa Cruz, but any brand is FINE, best practice is if the ingredients are JUST peanuts or almonds

- **Nut Milk**
  - One of my favorites is Califia Farms Unsweetened Almond Milk. Again any brand is fine, just try to pick one that has the fewest ingredients and no added sugar

- **Granola**
  - I love Purely Elizabeth. The founder graduated from IIN like me! I trust her products, she only uses the finest ingredients. Granola is a tricky one, you have to be cautious of the serving size you are having. Please also try to pick a brand you trust here so you're not just consuming sugar without added nutrients

- **SEEDS: Chia, sunflower, etc.**
  - Flax seeds or pumpkin seeds are other great options! I add chia seeds to all my smoothies, yogurts and oatmeal. Sunflower seeds are a great addition to salads

- **NUTS: Almonds, pistachios, cashews, etc.**
  - This is another one where serving size matters. Typically you want to shoot for a ¼ cup or about a handful. Also, raw is best (no added oils, low salt or unsalted)

- **Pasta Sauce**
  - All-time favorite is RAOs Arrabbiata Sauce, because I love spicy!

- **Breakfast:**
  - Steel cut oatmeal
  - RX bars (coconut chocolate is my favorite but you do you)
  - Lara Bars

- **Protein:**
  - Canned salmon/tuna/sardines/chicken (pick your favorite but try to get something packed in water not oil, & with fish look for wild-caught!)

- **Legumes:**
  - Canned beans/Chickpeas/Corn

- **Grains:**
  - Brown rice
  - Quinoa
  - Buckwheat
  - Pasta

- **Soups:**
  - Chicken/beef/veg broth
  - My favorite is Pacific Foods chicken broth. They are Organic, Free-Range and delicious as a base for soups or as is. Look for low-sodium here.

- **Snacks:**
  - Popcorn (I love Angies Boom Chicka Pop)
  - Rice cakes(lundberg organic gluten free thin)
  - Apple sauce unsweetened
  - Dark chocolate chips
  - Dried mango no sugar added
  - Biena chickpea snacks

I HOPE YOU FOUND THIS HELPFUL! WORKING WITH A COACH CAN REALLY HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS ON AND OFF THE PLATE. IF YOU COULD USE AN EXTRA HAND OR HAVE ANY QUESTIONS, PLEASE REACH OUT! I WOULD LOVE TO HEAR FROM YOU.

YOU CAN LEARN MORE TIPS AND TRICKS BY FOLLOWING ME ON INSTAGRAM @TRUSTTHEUNPROCESSED OR CHECKING OUT MY WEBSITE HERE: WWW.TRUSTTHEUNPROCESSED.COM