



## Pura Vida Foodology Planet-wide

Dr. AvatarNirvana Perez - Foodologist - NP MD PhD

Ensenada | Baja California | Mexico | Costa Rica | Philippines | Thailand | Africa | New Zealand

### CULINARY ESSENTIALS TO ALWAYS HAVE STOCKED

#### SPICES & HERBS

All-Spice  
Basil  
Black Peppercorns  
Cacao powder  
Cajun Seasoning  
Caraway Seeds  
Cardamom  
Cayenne powder  
Chili powder  
Chinese 5-Spice  
Chipotle  
Cinnamon  
Clove  
Cocoa powder  
Collagen Peptides  
Coriander

Cumin  
Curry powder  
Dill  
Garlic powdered  
Ginger powdered  
Ground Black Pepper  
Habanero powder  
Herbs de Provence  
Italian Herbs  
Lavender  
Lemon Pepper  
MSG  
Mustard powder  
Nutmeg  
Nutritional Yeast  
Onion powder

Oregano  
Paprika  
Parsley  
Pink Peppercorns  
Pumpkin Pie Spice  
Red Pepper Flakes  
Rosemary  
Saffron  
Sage  
Smoked Paprika  
Tarragon  
Thyme  
Turmeric  
Umami  
White Pepper  
Zataar

#### HEART & BRAIN HEALTHY OILS

Avocado Oil  
Black Truffle Oil  
Cold Press Extra Virgin Olive Oil

Organic Coconut Oil  
Organic Rectified Coconut Oil  
Sesame Oil (accent oil)

Spray Organic Olive Oil  
Walnut Oil (accent oil)  
White Truffle Oil

#### SAUCES & CONDIMENTS

Apple Cider Vinegar  
Balsamic Vinegar  
BBQ Sauce  
Black Vinegar  
Butter (Plant-based)  
Chinese Chili Sauce  
Crystal Hot Sauce  
Dijon Mustard  
Dill Pickle Relish

Distilled Vinegar  
Lacto-Fermented Veggies  
Liquid Aminos  
Liquid Smoke  
Mayo (Plant-based)  
Mirin  
Miso Paste  
Panang Green Curry Paste  
Pickles

Rice Wine Vinegar  
Sriracha  
Stone Ground Mustard  
Szechuan Sauce  
Tahini Paste  
Tamari or Gluten-Free Soy Sauce  
Vanilla Extract  
Wasabi  
Worcestershire Sauce

#### BAKING FLOURS & POWDERS

Almond Flour  
Almond Meal  
Baking Powder  
Baking Soda  
Banana Flour

Coconut Flour  
Corn Flour  
Corn Meal  
Corn Starch  
Crepe de Tartar

Gluten-Free All-Purpose Flour  
Oat Flour  
Potato Flour  
Sorghum Flour  
Tapioca Flour

#### SEEDS, NUTS & DRIED FRUITS

Almonds  
Black Sesame Seeds  
Blueberries  
Cashews  
Cherries  
Cranberries

Chia Seeds  
Dates  
Flax Seeds  
Moringa Seeds  
Peanuts (legume)  
Pecans

Pine Nuts  
Pumpkin Seeds  
Sunflower Seeds  
Walnuts  
White Sesame Seeds

*May your life be full of great joy with the health and abundance to enjoy it.*

*Dr. Ava Perez*