

THE SKYTERRA REAL FOOD PANTRY

Meats & Poultry

Free-Range Chicken Breast
 Free-Range Chicken Thighs
 Sustainably Raised Turkey
 Free-Range Quail
 Pork Tenderloin, heritage breeds
 Pork Chops, heritage breeds
 Grass-Fed Beef Tenderloin
 Grass-Fed Ground Sirloin
 Free-Range Lamb*
 North American Bison
 Wild Venison Filet
 Wild Game, high quality

Sustainable Seafood

Salmon
 Local Catches, variety
 Sea Bass
 Halibut
 Flounder
 Ahi Tuna
 Mahi Mahi
 Cod
 Trout
 Shrimp, Scallops, Lobster
 Crab
 Oysters, Mussels
 Sardines, Anchovies

Eggs & Dairy

Local Eggs
 Local Milk or Cream
 Yogurt, regular, plain
 Yogurt, greek, plain
 Kefir, plain
 High Quality Cow's Cheese
 Goat Milk
 Goat or Feta Cheese

Plant-Based Proteins

Tofu, firm or silken
 Tempeh, plain
 Lentils, all colors (red, black, yellow)
 Beans, heirloom, variety (black, kidney, navy, etc.)
 Edamame
 Peas, Chickpeas
 Vegan Protein Powder, Vega
 Nuts & Seeds, Whole Grains

Nuts & Seeds

Almonds
 Brazil Nuts
 Cashews
 Hazelnuts, Filberts
 Macadamia
 Pistachios
 Walnuts
 Chia, Flax, Hemp Seeds
 Sunflower, Pumpkin Seeds

Nut or Seed Butters

Cooking Oils & Fats

Extra Virgin Olive Oil, med. heat
 Grapeseed Oil, high heat
 Coconut Oil, Virgin, high heat
 Sesame Oil, med. to high heat
 Walnut Oil, low heat
 Avocado Oil, low heat
 Grass-Fed Butter
 Ghee, Clarified Butter
 Coconut Milk
 Unsweetened Coconut
 Avocado
 Dark Chocolate
 Olives

Non-Starchy Vegetables

Asparagus
 Artichoke
 Broccoli, Broccolini
 Brussels sprouts
 Cauliflower
 Cabbage
 Cucumber
 Collards, Chard, Kale
 Eggplant
 Fennel
 Hericot Verts
 Sugar Snap Peas
 Herbs, variety
 Leeks
 Mushrooms
 Tomatoes
 Onions, Shallots, Garlic
 Spinach, Arugula, Romaine
 Broccoflower
 Peppers, variety
 Zucchini, Summer Squash

Whole Grains, *Sprouted When Possible

Rice, all varieties
 Quinoa, Kaniwa
 Farro
 Buckwheat
 Wheat Berries
 Millet
 Teff
 Sorghum
 Oats
 Amaranth
 Barley
 Fresh, Local Breads (e.g., sourdough)
 Sprouted Grain Breads
 Tortillas, 100% Corn
 Fresh pasta (e.g., homemade)

Fruit

Apples
 Blackberries
 Blueberries
 Bananas
 Cherries
 Figs
 Kiwi
 Peaches
 Plums
 Pears
 Raspberries
 Strawberries
 Pomegranate
 Melon, all colors
 Mango
 Papaya
 Grapes
 Orange
 Grapefruit

Starchy Vegetables

Potatoes, variety
 Turnips
 Rutabaga
 Green Peas
 Corn (non-gmo)
 Beets
 Celery Root
 Butternut Squash
 Parsnips
 Acorn Squash
 Plantains
 Carrots
 Jicama