

Enjoy a small sampling of some pages in the book, "Rooted Provisions". Please note that the background is white in the book. The grey background is only on these example pages.



ROOTED PROVISIONS

BY: BOWYN BAIRD RD, LD

nutrition at home basics: start to finish procurement, pantry, and meal planning workbook

EXAMPLE PAGE

WWW.THEROOTEDIETITIAN.COM

Rooted Provisions

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First Edition

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Cover photography and design: Bowyn Baird

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CHAPTER 3: BALANCED PANTRY

This chapter takes the components of the healthy plate formula (chapter 2) and translates it to your pantry. This chapter will help you build a personalized inventory so that stocking your pantry and building healthy meals becomes second nature. These lists are quite encompassing, but it may be missing foods that are specific to your preferences, culture, or area. For this reason, you will get duplicate blank pages of each category. Food is only nourishing if you actually eat it. So, use the empty pages to create lists that make sense for you and your family.

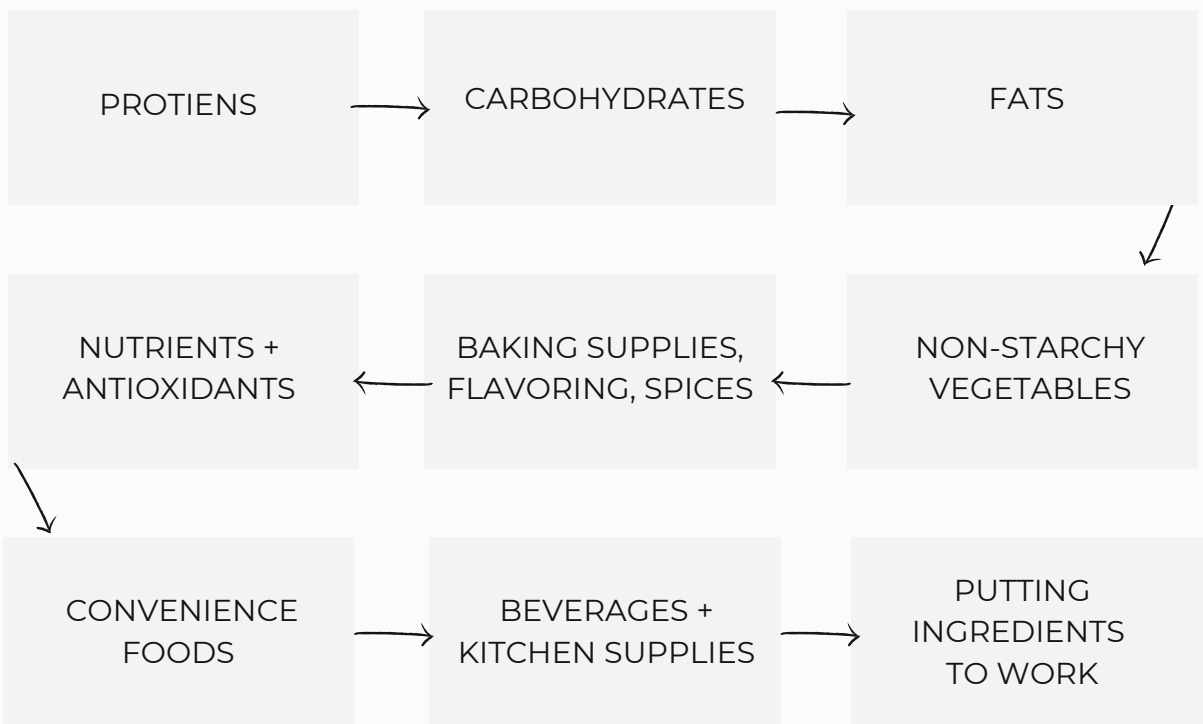
HOW THIS CHAPTER IS ORGANIZED

The pantry categories in this chapter are categorized so that it easily translates to healthy balanced meals and snacks learned in the previous chapter. The majority of the suggestions listed are *ingredients*. As you learn to incorporate more from scratch meals and snacks, all of these ingredient suggestions will help you cook healthy food and make balanced meals.

All convenience food items are categorized separately. Convenience foods are more personal and there are too many to categorize in this book. Convenience foods items may fit into one or all categories. Canned beef, potato, and vegetable soup for example, is a multi-ingredient convenience food item that fits into multiple categories.

EXAMPLE PAGE

PANTRY ROADMAP



COOKING/BAKING SUPPLIES, FLAVOR, & SPICES:

suggestions from Bowyn

BAKING + COOKING SUPPLIES:

leavening agents

- baking soda
- baking powder
 - make your own with:
 - 1/2 cup cream of tartar
 - 1/4 cup arrowroot
 - 1/4 cup baking soda
- sourdough starter
 - fresh or dehydrated

- yeast

starches/thickeners

- arrowroot starch
- corn starch
- tapioca starch

sweeteners

- coconut sugar
- honey
- maple syrup
- sugar

extracts

- almond extract
- mint extract
- vanilla extract
 - make your own with:
 - vanilla beans
 - organic vodka

other

- cream of tartar
- chocolate chips

SALTS:

- canning salt
- salt
 - finely ground
 - course ground

BOTTLED FLAVOR:

condiments

- coconut aminos (or soy sauce)
- hot sauce
- ketchup
- mustard
- salsa

vinegar

- apple cider vinegar
- balsamic vinegar
- white vinegar

HERBS + SPICES:

herbs

EXAMPLE PAGE asil

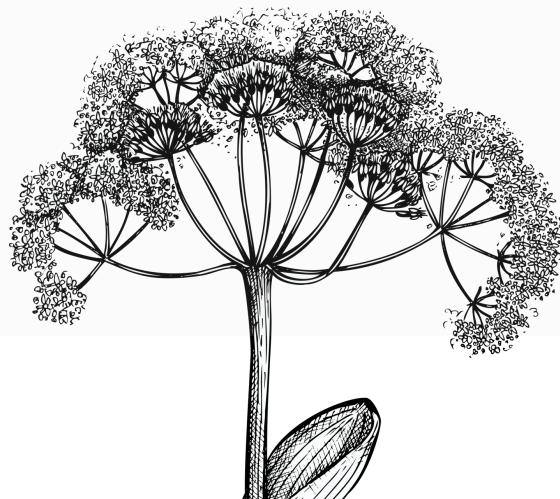
- dill
- parsley
- oregano
- rosemary
- sage

sweet spices

- cinnamon
- cloves
- ginger
- nutmeg

savory spices

- coriander
- cumin
- paprika
- pepper



COOKING/BAKING SUPPLIES, FLAVOR, & SPICES

BAKING SUPPLIES:

Empty space for listing baking supplies.

BOTTLED FLAVOR:

Empty space for listing bottled flavors.

HERBS + SPICES:

Empty space for listing herbs and spices.

EXAMPLE PAGE

SALTS:

Empty space for listing salts.

PUTTING INGREDIENTS TO WORK

I wanted to give you a visual on how many ways you can utilize one ingredient from your pantry. This list is not all encompassing but gets you started on how this thought process works. As you learn and try more recipes, you will learn that there are so many ways you can use a single food. With creativity, even pantry staples won't get boring!

QUINOA



- quinoa breakfast porridge
- cold quinoa salad
- warm quinoa side dish
- coating for homemade chicken tenders
- mix into homemade "hamburger helper" instead of noodles

COTTAGE CHEESE



EXAMPLE PAGE casserole

- snacks
- egg bites
- lasagna

CORN TORTILLAS



- tacos
- enchiladas
- baked and use as chalupas
- homemade tortilla chips

APPLE CIDER VINEGAR



- sore throat gargle
- soaking grains overnight
- salad dressings

CHAPTER 4 JOURNAL REFLECTIONS

WHAT WE REVIEWED IN THIS CHAPTER:

- meal planning
- meal planning strategies: seasonal, week to week, bulk prepping + strategic meal planning ideas
- incorporating variety

IDEAS FOR DEEPER REFLECTION:

- Do you currently meal plan and is it working for your family consistently?
- What meal planning method resonated with you the most and why do you think it will work best for your family?
- Why do you think it is important that you allow your meal plan method to adapt and change with your current season of life?
- Reflect on new foods you want to try (p.51). How could you utilize those ideas to incorporate variety into this season?

EXAMPLE PAGE

(food + supplies)

**SHELF STABLE FOODS I
REGULARLY USE:**

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

**ITEMS I WANT TO PURCHASE FOR
MY LONG TERM PANTRY:**

EXAMPLE PAGE

BUDGET I CAN ALLOCATE FOR LONG TERM PANTRY SUPPLIES + FOOD

IMPORTANT TIP ON STORING DRY GOODS (BEANS, GRAINS, PASTA + FLOUR):

If you are purchasing any of these dry goods for long term storage, it is advisable to freeze these items for a minimum of 3 days before dry storage. Freezing these items for at least 3 days can kill all stages of weevils. Source: Iowa State University Extension and Outreach (link: <https://hortnews.extension.iastate.edu/rice-weevil-and-granary-weevil>)

After the freezing process, ensure that the items are completely dry from any moisture before dry storage.

CHAPTER 8: ORGANIZATION + CONCLUSION

This is a final recap of some of the documents you may like having copies of to stay organized throughout the learning process. These are the **blank sections** throughout the book. I have them organized in one pdf file so that it makes it easier for you to have separate copies for kitchen management and to use as tools as you work through the phases of your journey. For example, the blank pages in the pantry planning section are pulled out and put together. (Page numbers here reflect where you can refer back to these areas in the book.)

If you have a home management binder, some of these may work really well as templates for your kitchen/pantry sections!

This document is available for download through the link:

[https://th\[REDACTED\]es/](https://th[REDACTED]es/)

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mindful eating tracker 20-21

EXAMPLE PAGE

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