

Build Your Elevated Wellness Pantry

This worksheet is an invitation to build a pantry that supports you—your rhythms, your digestion, your energy, and your season of life. Rather than following a prescribed list, use the prompts below to notice what helps you feel most nourished and at ease.

Ingredients that help me feel grounded and satisfied:

Ingredients that help meals feel lighter and brighter:

Foods I reach for when digestion feels sensitive:

Staples that support steady, consistent energy:

Flavors, textures, or ingredients I crave in winter:

Pantry items I want to return to more often:

 A Gentle Reflection: An elevated wellness pantry is not about having more—it's about having what supports you. Notice which ingredients you return to when you feel your best and let those guide your choices.