

Pantry Reset Guide: A Back-to- Basics Journey

Welcome, Sister.
You don't need a sprawling homestead or a
decade of experience to begin. You only
need the willingness to slow down, to
remember, and to listen.

This guide is your first invitation into the
sacred rhythm of home and hearth. Think of
me as your kitchen-side guide—a fellow
sister who has walked this path and is now
walking beside you.



Part 1: Awakening the Pantry Spirit

Why the Pantry?

The pantry is your altar of nourishment, your medicine cabinet of provision, and your library of seasonal memory. It holds your intention.

Let's begin here, because resetting your pantry is the symbolic first act of reclaiming your life. You are stepping into rhythm.

Part 2: The Soulful Inventory

Step 1: Clear the Chaos

Open your pantry. Breathe. This is sacred work. One shelf at a time, remove everything. Wipe it down. Light a candle if you feel called.

Ask yourself:

Does this nourish?

Does this align with the life I am building?

Does this ingredient have a purpose or a memory?

Let go of:

Expired, processed, or energy-draining items

Forgotten gadgets or tools that create clutter

Part 2: The Soulful Inventory

Step 2: Choose Your Staples

Build a pantry that reflects simplicity, sovereignty, and sacredness.

Basic Dry Staples:

Beans & Lentils (protein & fiber)

Rice, Oats, and Quinoa (grains for the seasons)

Flour (for baking and thickening)

Sea Salt, Apple Cider Vinegar, Raw Honey (preservation & flavor)

Herbs (bay leaf, thyme, basil, rosemary)

Foundational Preserved Foods:

Canned Tomatoes (start with water bath canning)

Jams & Jellies (sweet gifts from summer)

Pickles (a gateway ferment)

Broth (pressure-canned or frozen)

Part 3: Tools of the Kitchen Priestess

You don't need fancy tools. You need sacred intention.

Essentials for the New Canner:

Large pot with a rack (for water bath canning)

Pressure canner (for vegetables, meats, broths)

Mason jars, lids, rings

Jar lifter, funnel, bubble remover

Budget Tips:

Thrift stores often have jars and pots

Ask in local mom groups or co-ops

Start small: one jam, one pickle, one broth



Part 4: Starting With the Seasons

Shamanic wisdom teaches us to honor the seasons. Begin
where you are.

Summer Pantry Building:

Tomatoes: Sauces, salsas, whole canned

Berries: Jams, syrups

Cucumbers: Pickles

Fall Pantry Building:

Apples & Pears: Butters, slices in syrup

Squash & Pumpkin: Puree (frozen or pressure
canned)

Broths: From fall harvests, saved in jars

Winter Intention:

Fermentation: Sauerkraut, kimchi

Root Cellaring: Potatoes, onions, garlic

Restocking and dreaming ahead

Part 5: Rhythms Over Rushing

Create a weekly rhythm:

Monday: Soak beans

Tuesday: Make broth

Wednesday: Bake bread

Thursday: Plan seasonal meals

Friday: Prep a weekend canning day

Saturday: Preserve one food (jam, pickle,
soup)

Sunday: Rest and reflect

Part 6: Nourishment as Prayer

Every jar sealed is a step towards self
sufficiency and sovereignty.

Every broth simmered is a whisper of
healing. Every loaf of bread is
communion.

This is the first of many steps towards
transforming your life into a life
you've always imagined for yourself.

You are remembering. And your
pantry is the altar where old wisdom
becomes new life.
Welcome home.