

PANTRY STAPLES - ESSENTIALS

- Apple Sauce
- Beans: canned + dried
- Bouillon Cubes
- Breadcrumbs: italian + panko
- Broth + Stock
- Canned Tomatoes
- Canned Tuna
- Canned Chicken
- Canned Vegetables
- Coconut Milk
- Condiments: ketchup, mustard, mayo
- Cornstarch
- Crackers
- Grains: rice, quinoa
- Hot Sauces: Tabasco, sriracha
- Jams + Preserves
- Lentils
- Liquid Sweeteners: agave, honey, maple syrup
- Nut Butters
- Nuts
- Oats
- Oils (see seperate list)
- Olives: black + green
- Pastas: couscous, regular, whole wheat, etc.
- Salsa
- Sauces: enchilada, tomato, tahini, pasta, pizza
- Seasonings & Spices
- Soups
- Soy Sauce
- Tomato Paste
- Tortillas
- Vinegars (see seperate list)
- Worcestershire Sauce



DAIRY

- Butter: unsalted + salted
- Cheeses
- Cream Cheese
- Eggs
- Heavy Cream or Milk
- Sour Cream
- Yogurt or Greek Yogurt

FREEZER

- Fruit
- Peas
- Pizza Dough
- Spinach
- Salmon (frozen)
- Shrimp (frozen)



PANTRY STAPLES - BAKING

- All-Purpose Flour
- Baking Powder
- Baking Chips
- Baking Soda
- Brown Sugar
- Cocoa Powder
- Coconut Flakes
- Pure Vanilla Extract
- Self-Rising Flour
- Shortening
- Sugars: confectioner's, granulated, light brown, dark brown

PANTRY - COUNTER

- Avocados (hard)
- Bread
- Garlic
- Ginger
- Lemons
- Limes
- Onions
- Potatoes: regular + sweet
- Shallots



OILS AND VINEGARS

- Canola Oil
- Extra-Virgin Olive Oil
- Olive Oil
- Vegetable Oil
- Truffle Oil
- Apple Cider Vinegar
- Balsamic Vinegar
- White Wine Vinegar
- Red Wine Vinegar



MEATS & SEAFOOD

- Bacon
- Chicken Breasts
- Chicken Thighs
- Ground Beef
- Ground Chicken
- Ground Turkey
- Pork (chops / tenderloin)
- Sausages
- Salmon
- Shrimp
- Steaks

