

Pantry Staple Checklist

GRAINS (AND BAKING)

Flour (All-Purpose, Whole Wheat)
Sugar (white, brown)
Cocoa Powder
Corn Starch
Baking Soda
Baking Powder
Rice (white, Brown is optional)
Pasta (1 long, 1 shape)

OILS/VINEGARS/SAUCES

Olive Oil (extra virgin)
Coconut Oil
Rice Wine Vinegar
Soy Sauce (low sodium preferred)
Sesame Oil
Balsamic Vinegar
Coconut Milk
Hot Sauce (your preference)
Pasta Sauce

CANNED GOODS & SPICES

Vanilla
Cinnamon
Cumin
Chili Powder
Crushed Red Pepper
Curry Powder
Oregano
Cayenne Pepper
Ground Ginger
Black Beans
White Beans (Cannellini)
Chicken Broth
Diced Tomatoes
Tomato Sauce
Tomato Paste
Tuna (albacore)

PRODUCE

Onions
Garlic
Lemons
Limes

DAIRY & FRIDGE STAPLES

Milk
Butter (unsalted)
Eggs
Parmesan Cheese (block)
Cheddar Cheese
Mozzarella Cheese
Maple Syrup (not Pancake syrup)
Non-Dairy Milk (optional)
Unsweetened Applesauce (optional)

FROZEN GOODS

Boneless Skinless Chicken Breast
Ground Beef
Ground Turkey
Meatballs (Italian)
Mixed Vegetables
Bacon

OPTIONALS

Cooking Spray
Yogurt
Bananas (freeze when they are too ripe)
Chocolate Chips
Canned Pumpkin
Coconut Sugar
Sesame Seeds
Quinoa
Frozen Shrimp
Wine (for cooking and drinking)