

## 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  
Thyme  
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)  
Ranch Dressing (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)