



pantry checklist

- Salt
- Black peppercorns
- Extra virgin olive oil
- Vegetable oil
- Apple cider vinegar
- Red wine vinegar
- Balsamic

- Flour: all purpose, whole wheat or pastry
- Baking soda
- Baking powder
- Cocoa powder (unsweetened)
- Pure vanilla extract
- Granulated sugar
- Confectioners' sugar
- Brown sugar
- Maple syrup
- Honey

- Coffee
- Tea

- Long-grain white rice
- Brown rice
- Quinoa
- Pasta noodles of choice (spaghetti, macaroni elbows, and ziti are good ones)

- Dried fruit
- Sunflower seeds
- Peanut butter (or nut butter of choice)
- Breakfast cereal
- Preferred oats (steel cut, old-fashioned, quick oats)
- Chicken broth
- Beans of choice (black beans, chickpeas, etc.)



- Canned tomatoes
- Tomato paste
- Salsa
- Tomato paste
- Tuna
- Bay leaves
- Cajun seasoning
- Cayenne pepper
- Chili powder
- Crushed red pepper
- Curry powder
- Fennel or dill seed
- Garlic powder
- Ground cinnamon
- Cumin
- Ground ginger
- Oregano
- Paprika: sweet and smoked
- Rosemary
- Sesame seeds
- Thyme
- Nutmeg
- Whole nutmeg
- Jelly, jam or preserves
- Ketchup
- Mayonnaise
- Mustard: Dijon or whole grain
- Pickles
- Hot sauce of choice
- Worcestershire sauce
- Soy sauce
- Nuts of choice (peanuts, almonds, walnuts, etc.)

