



# PANTRY STAPLES

## C H E C K L I S T

### Dry Goods

- Beans
- Peas
- Pasta
- Cornstarch
- Cornmeal
- Flour
- Baking Powder
- Popcorn
- Breadcrumbs
- Chocolate Chips
- Cocoa Powder
- Baking Soda
- Oats
- Rice
- Coconut
- Yeast
- Boullion
- Sugars

### Canned Goods

- Tomato Paste
- Tomato Sauce
- Diced
- Tomatoes
- Sweet Peas
- Carrots
- Corn
- Beans

### Herbs + Spices + Seasonings

- Garlic Powder
- Onion Powder
- Cayenne
- Paprika
- Oregano
- Thyme
- Basil
- Coarse Salt
- Table Salt
- Peppercorns
- Crushed Red Pepper
- Vanilla Extract

### Seeds + Nuts + Dried Fruit

- Flax Seeds
- Chia Seeds
- Cashews
- Pecans
- Walnuts
- Dried Bananas
- Dried Cranberries
- Raisins

### Condiments

- Honey
- Ketchup
- Mustard
- Mayonnaise
- Soy Sauce
- Liquid Aminos
- Worcestershire
- Lemon Juice
- Jelly/Jam
- Nut Butter
- Maple Syrup
- Molasses

### Fridge + Freezer

- Eggs
- Butter
- Frozen Broccoli
- Frozen Mixed Veggies
- Frozen Spinach
- Frozen Fruit
- Cheese
- Milk
- Yogurt

### Oils + Fats

- Olive Oil
- Coconut Oil
- Vegetable Oil
- Lard
- Shortening

### Root Veggies

- Sweet Potatoes
- Red Potatoes
- Russet Potatoes
- White Onions
- Red Onions
- Garlic