

PANTRY CHECKLIST



BULK

- ROLLED OATS**
for oatmeal, crisps,
breading & baking
- GRAINS**
rice, quinoa, blugur
- BEANS**
both canned & dried
- SPICES**
pick your favorites
- FLOURS**
white, wheat or gluten free
- SWEETENERS**
sugar, maple syrup, honey
- NUTS AND SEEDS**
good for snacking, salads,
baking, topping dishes
- NUT BUTTERS**
peanut, almond, sunflower

GROCERY

- SOY SAUCE OR TAMARI**
an excellent flavor enhancer
- COCONUT MILK**
or other non-dairy, shelf stable milk
- VINEGARS**
red wine, rice vinegar, apple cider
- BASIC CONDIMENTS**
ketchup, mustard, mayo
- CANNED TUNA**
or other seafood, such as sardines
- BAKING POWDER & SODA**
- DRIED PASTA**
- COOKING OILS**
olive, coconut, peanut
- BROTH OR STOCK**
- CURRY PASTE**

PRODUCE

- POTATOES**
- CARROTS**
- ONIONS**
- GARLIC**

