

PANTRY ESSENTIALS

A WELL STOCKED PANTRY LIST

GRAINS, RICE AND PASTA

Spaghetti
Fettuccini
Rigatoni
Penne
Cornmeal
Rolled Oats
Quinoa
Jasmine (White) Rice
Arborio Rice
Wild Rice
Brown Rice
Cous Cous
Barley
Bread Crumbs
Panko Bread Crumbs

BAKING ESSENTIALS

All-Purpose Flour
Whole-Wheat Flour
Almond Flour
Baking Soda
Baking Powder
Active-Dry Yeast
Rapid Rise Yeast
Powdered Sugar
Vanilla Extract
Cocoa Powder
Cream of Tartar
Instant Espresso Powder
Chocolate Chips
Butterscotch Chips
Honey
Molasses
Brown Sugar
White Sugar
Powdered Sugar
Maple Syrup

HERBS AND SPICES

Salt	Red Pepper
Black Pepper	Flakes
White Pepper	Dry Mustard
Thyme	Turmeric
Rosemary	Cumin
Sage	Taco Seasoning
Oregano	Italian Seasoning
Paprika	Ginger
Cayenne Pepper	Allspice
Chili Powder	Dill
Cinnamon	Coriander
Nutmeg	Parsley
Basil	Sesame Seeds
Bay Leaves	Poppy Seeds
Curry Powder	Dry Mustard

LEGUMES, NUTS AND SEEDS

Peanuts
Walnuts
Pecans
Cashews
Almonds
Hemp Seeds
Sunflower Seeds
Pumpkin Seeds
Chia Seeds
Flax Seeds
Pinto Beans
Black Beans
Cannellini Beans
Kidney Beans
Adzuki Beans
Garbanzo Beans
Lentils
Green Split Peas

CANNED AND JARRED GOODS

Tomato Sauce
Crushed Tomatoes
Strained Tomatoes
Diced Tomatoes
Tomato Paste
Green Chilies
Chicken Broth
Vegetable Broth
Beef Broth
Tahini
Red Curry Paste
Tamarind Concentrate
Olives (Black and Green)
Peanut Butter
Salsa
Capers

OILS SAUCES AND VINEGARS

Olive Oil
Extra Virgin Olive Oil
Peanut Oil
Coconut Oil
Grapeseed Oil
Balsamic Vinegar
White Wine Vinegar
Red Wine Vinegar
Champagne Vinegar
White Vinegar
Rice Vinegar
Apple Cider Vinegar
Fish Sauce
Ketchup
Yellow Mustard
Dijon Mustard
Whole Grain Mustard
Worcestshire Sauce
Hot Sauce
Sirarcha Sauce

KEEP THESE ITEMS IN YOUR PANTRY & YOU'LL NEVER BE FAR AWAY FROM A GREAT MEAL