

Pantry staples checklist

Tick what you already have. Everything left is your shopping list.

Kitchen

Started

Grains and pasta

☐ Long-grain white rice

☐ Spaghetti

☐ Short pasta (penne or fusilli)

☐ Rolled oats

☐ All-purpose flour

☐ Flour tortillas

☐ Panko breadcrumbs

Beans and canned protein

☐ Dried lentils

☐ Dried black or pinto beans

☐ Canned chickpeas

☐ Canned black beans

☐ Canned tuna

☐ Peanut butter

Cans and jars

☐ Canned whole or diced tomatoes

☐ Tomato paste

☐ Bouillon cubes or paste

☐ Coconut milk

☐ Salsa

☐ Jarred pasta sauce

Oils, vinegars and sauces

☐ Neutral oil (canola or vegetable)

☐ Extra-virgin olive oil

☐ Vinegar (apple cider or red wine)

☐ Soy sauce

☐ Hot sauce

☐ Dijon mustard

☐ Mayonnaise

☐ Ketchup

Spices and seasonings

☐ Kosher salt

☐ Black peppercorns

☐ Garlic powder

☐ Red pepper flakes

☐ Ground cumin

☐ Smoked paprika

☐ Chili powder

☐ Dried oregano

☐ Curry powder

☐ Ground cinnamon

Baking, sweeteners and drinks

☐ Granulated sugar

☐ Brown sugar

☐ Baking powder

☐ Baking soda

☐ Cornstarch

☐ Honey

☐ Vanilla extract

☐ Coffee or tea

Long-keeping produce

☐ Yellow onions

☐ Garlic

☐ Potatoes

☐ Carrots

☐ Lemons

Fridge and freezer basics

☐ Eggs

☐ Butter

☐ Cheddar or Parmesan

☐ Plain yogurt

☐ Frozen peas

☐ Frozen chopped spinach

☐ Sliced bread (freezer)