

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)