

PANTRY ESSENTIALS

Dry Goods

- barley
- cereal
- crackers or pita chips
- lentils
- pasta: spaghetti, penne, bowtie, etc.
- small pasta for soups
- rice: Arborio, Basmati, and long grain white

Canned Goods

- broth: chicken, beef and vegetable
- cannellini beans
- garbanzo beans (chick peas)
- kidney beans
- corn
- fruit
- olives
- peas
- tomato paste
- tomato: sauce and diced
- tuna

Other

- dried fruit
- jelly or jam
- peanut butter
- canola oil
- olive oil, regular
- extra-virgin olive oil
- red wine vinegar
- balsamic vinegar
- coffee: regular and decaf
- tea
- aluminum foil
- plastic wrap
- resealable plastic bags
- plastic containers
- waxed paper
- parchment paper

Baking Goods

- all-purpose flour
- baking powder
- baking soda
- chocolate chips, semisweet
- cocoa powder
- cornstarch
- cream of tartar
- non-stick baking spray
- pure vanilla extract
- sugar: white, brown, and powdered
- yeast, active-dry

Dried Herbs

- basil
- bay leaves
- dill
- Italian seasoning
- rosemary
- oregano
- thyme
- marjoram

Spices

- chili powder
- cinnamon
- curry powder
- garlic salt
- ginger, ground
- nutmeg, ground
- onion powder
- paprika
- pepper: black and white
- red pepper flakes
- salt, plain and sea

Fresh Foods

- bread
- fruit, variety
- lemons
- potatoes
- tomatoes

Fridge

dairy:

- butter
- cheese: mozzarella, Parmesan, chunk and grated
- cream cheese
- cream, heavy whipping cream
- half and half
- eggs
- milk
- yogurt

produce:

- carrots
- celery
- garlic cloves
- lettuce
- onions
- rosemary, fresh

miscellaneous:

- anchovies
- breadcrumbs
- dry white wine
- ketchup
- mayonnaise
- mustard: yellow and Dijon
- nuts: almonds, pinenuts, and walnuts
- olives
- sun-dried tomatoes, oil-packed

Freezer

- bagels
- beef, lean ground
- bread
- chicken breasts: boneless and skinless
- ice cream
- green beans
- mixed vegetables
- peas
- prawns
- spinach, chopped