

Pantry Staples

Baking Supplies

- Flours: All purpose,
 - Whole wheat
 - Cornmeal
- Brown Sugar
- White Sugar
- Powdered Sugar
- Baking Powder
- Baking Soda
- Cocoa Powder
- Chocolate chips
- Vanilla Extract
- Honey
- _____
- _____

Fresh Produce

- Onions
- Garlic
- Potatoes
- Broccoli
- Carrots
- Romaine Lettuce
- Kale or Spinach
- Apples
- Oranges
- Bananas
- Lemons
- _____
- _____

Refrigerator

- Cheese
- Milk
- Almond Milk
- Soy Milk
- Hummus
- Yogurt
- Butter
- Eggs
- Cream Cheese
- Bacon
- _____
- _____
- _____

Rice/Grains

- White Rice
- Brown Rice
- Quinoa
- Couscous
- Flax Seed
- Chia Seeds
- Sunflower Seeds
- Black Beans
- Lentils
- Barley
- Pinto Beans
- Kidney Beans
- Oatmeal
- Pasta
- Bread
- _____
- _____
- _____

Canned Goods/Snacks

- Corn Flakes
- Bran Flakes
- Tuna Fish
- Canned Salmon
- Diced Tomatoes
- Tomato Paste
- Chick Peas
- Peanut Butter
- Bread Crumbs
- Corn Starch
- Raisins
- Pumpkin Puree
- Chicken Broth
- Popcorn Kernels
- Tortilla Chips
- Tortillas: Flour/Corn
- Salsa
- Applesauce
- _____
- _____

Condiments

- Ketchup
- Dijon Mustard
- Worcestershire Sauce
- Mayonnaise
- Soy Sauce
- Sriracha
- Hoison Sauce
- Fish Sauce
- _____
- _____

Oils/Vinegars

- Coconut Oil
- Olive Oil
- Canola or Vegetable Oil
- Sesame Oil
- Balsamic Vinegar
- Red Wine Vinegar
- Vinegar
- _____
- _____

Freezer

- Ground Beef
- Chicken
- Frozen String Beans
- Frozen Corn
- Frozen Peas
- Frozen Blueberries
- _____
- _____
- _____

Spices

- Chili Powder
- Garlic Powder
- Cumin
- Paprika
- Curry Powder
- Salt & Pepper
- Cinnamon
- _____
- _____

Drinks

- Coffee Beans
- Tea
- _____
- _____