



Well-Stocked Pantry Checklist



Oils

- Flavored oils
- Olive oil
- Toasted sesame oil
- Vegetable or canola oil

Vinegars

- Apple Cider Vinegar
- Balsamic Vinegar
- Distilled White Vinegar
- Red Wine Vinegar
- Rice Wine Vinegar

Pasta

- Egg Noodles
- Lasagna noodles
- Rigatoni, ziti or penne
- Spaghetti

Rice

- White or Parboiled Rice (we like parboiled, it cooks up so fluffy and is 80% as nutritious as brown rice)

Beans

- Canned or dried - black, pintos, kidney, white
- Chickpeas/garbanzo

Baking Essentials

- All- purpose flour
- Baking powder
- Baking soda
- Brown sugar
- Cocoa Powder
- Confectioner's sugar
- Corn syrup
- Cornmeal
- Cornstarch or clear jel
- Food coloring
- Honey
- Maple syrup
- Molasses or can syrup
- Salt
- Sugar
- Vanilla extract





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Condiments

- Dijon mustard
- Horseradish
- Hot sauce
- Soy sauce - or soy amino acids
- Tomato paste
- Tomato sauce
- Worcestershire sauce
- Yellow mustard

Broths and stocks

- Beef, vegetable and chicken bouillon
- Beef broth
- Chicken broth
- Vegetable broth

(I have purposely omitted seafood stock because I prefer to make my own rich seafood stock when cooking, plus sometimes it is super hard to find seafood stock in stores)

Dried Herbs and Spices

- Basil
- Bay Leaves
- Black pepper
- Celery flakes
- Chili powder
- Cinnamon
- Cloves
- Creole seasoning
- Cumin
- Curry
- Dill
- Ginger
- Granulated garlic
- Minced onion
- Nutmeg
- Oregano
- Paprika
- Parsley
- Poppy Seeds
- Rosemary
- Salt
- Thyme





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Coffee

- Regular coffee
- Decaffeinated coffee

Teas

- Chamomille
- Earl Grey
- English Breakfast
- Black
- Mint

Beverages

- Seltzer Water
- Bottled Water
- Bottled Lemon and Lime Juice
- Red Wine
- White Wine
- Beer
- Bourbon
- Vodka
- Rum

Crackers

- Club Crackers
- Saltines
- Wheat Crackers

