

# PANTRY ESSENTIALS

## A WELL STOCKED PANTRY LIST

### GRAINS, RICE AND PASTA

Spaghetti  
Fettuccini  
Rigatoni  
Penne  
Cornmeal  
Rolled Oats  
Quinoa  
Jasmine (White) Rice  
Arborio Rice  
Wild Rice  
Brown Rice  
Cous Cous  
Barley  
Bread Crumbs  
Panko Bread Crumbs

### BAKING ESSENTIALS

All-Purpose Flour  
Whole-Wheat Flour  
Almond Flour  
Baking Soda  
Baking Powder  
Active-Dry Yeast  
Rapid Rise Yeast  
Powdered Sugar  
Vanilla Extract  
Cocoa Powder  
Cream of Tartar  
Instant Espresso Powder  
Chocolate Chips  
Butterscotch Chips  
Honey  
Molasses  
Brown Sugar  
White Sugar  
Powdered Sugar  
Maple Syrup

### HERBS AND SPICES

Salt	Red Pepper
Black Pepper	Flakes
White Pepper	Dry Mustard
Thyme	Turmeric
Rosemary	Cumin
Sage	Taco Seasoning
Oregano	Italian Seasoning
Paprika	Ginger
Cayenne Pepper	Allspice
Chili Powder	Dill
Cinnamon	Coriander
Nutmeg	Parsley
Basil	Sesame Seeds
Bay Leaves	Poppy Seeds
Curry Powder	Dry Mustard

### LEGUMES, NUTS AND SEEDS

Peanuts  
Walnuts  
Pecans  
Cashews  
Almonds  
Hemp Seeds  
Sunflower Seeds  
Pumpkin Seeds  
Chia Seeds  
Flax Seeds  
Pinto Beans  
Black Beans  
Cannellini Beans  
Kidney Beans  
Adzuki Beans  
Garbanzo Beans  
Lentils  
Green Split Peas

### CANNED AND JARRED GOODS

Tomato Sauce  
Crushed Tomatoes  
Strained Tomatoes  
Diced Tomatoes  
Tomato Paste  
Green Chilies  
Chicken Broth  
Vegetable Broth  
Beef Broth  
Tahini  
Red Curry Paste  
Tamarind Concentrate  
Olives (Black and Green)  
Peanut Butter  
Salsa  
Capers

### OILS SAUCES AND VINEGARS

Olive Oil  
Extra Virgin Olive Oil  
Peanut Oil  
Coconut Oil  
Grapeseed Oil  
Balsamic Vinegar  
White Wine Vinegar  
Red Wine Vinegar  
Champagne Vinegar  
White Vinegar  
Rice Vinegar  
Apple Cider Vinegar  
Fish Sauce  
Ketchup  
Yellow Mustard  
Dijon Mustard  
Whole Grain Mustard  
Worcestshire Sauce  
Hot Sauce  
Siracha Sauce

KEEP THESE ITEMS IN YOUR PANTRY & YOU'LL NEVER BE FAR AWAY FROM A GREAT MEAL