

Practical Pantry Checklist

Oils, Sauces and Other Liquids

- o Olive Oil
- o Canola Oil
- o Balsamic Vinegar
(Red Wine Vinegar is also another good one)
- o Chicken and Beef Stock
- o Jarred Pasta Sauce
- o Soy Sauce
- o Cooking Wine
- o Worcestershire Sauce
- o Ketchup and Mustard

Dry Goods

- o Rice (Brown, White, and/or Jasmine)
- o Couscous
- o Quinoa
- o Barley
- o Pasta (Whole Wheat or Regular).
Spagetti and Penne at least 3 boxes of each)
- o Bread Crumbs (I prefer Panko)
- o Nuts (Almonds and Walnuts)

Canned or Boxed

(keep at least two of each of the following on hand)

- o Beans (Dry or Canned)
Black, Cannellini, Lentil and Kidney
- o Tomatoes
Diced, Whole Peeled, Paste
- o Tuna/Chicken
- o Ro-Tel
- o Soup
- o Cereal

Baking Goods

- o Flour (whole wheat and/or regular)
- o Sugar
- o Baking Powder & Baking Soda
- o Vanilla
- o Corn Starch
- o Corn Meal
- o Quick Cooking Oats

Dried Spices

- o Salt and Pepper
- o Basil
- o Cilantro
- o Oregano
- o Rosemary
- o Thyme
- o Cumin
- o Chili Powder
- o Bay Leaves (for soups)
- o Garlic and Onion Powder
- o Cinnamon
- o Nutmeg

Misc.

(not necessarily for your pantry, but good to have around)

- o Greek Yogurt
- o Butter
- o Salad Dressing
- o Garlic
- o Onions
- o Eggs

