

How to Stock a Pantry



LIFE CREATIVE

Beans & Legumes

- white beans
- kidney beans
- pinto beans
- black beans
- chickpeas
- fava beans
- green & red lentils

Nuts/Seeds/Nut Butters

- almonds
- cashews
- pecans
- walnuts
- peanuts
- pistachios
- sunflower seeds
- chia seeds
- flax seeds
- tahini paste
- pepitas (pumpkin seeds)
- peanut butter
- almond/cashew butter
- hemp seeds
- pine nuts

Snacks

- popcorn
- dark chocolate
- crackers
- cereal
- pretzels

Produce

- onions
- garlic
- ginger
- apples
- lemons
- oranges
- potatoes

Oils & Vinegars

- EVOO
- sesame oil
- neutral cooking oil (canola)
- coconut oil
- avocado oil spray
- red wine vinegar
- apple cider vinegar
- white vinegar
- balsamic vinegar

Cans & Jars

- tomato paste
- tomato sauce
- diced tomatoes
- broth/ bouillon
- wild-caught canned tuna
- coconut milk
- pickles
- olives
- banana peppers/jalapenos
- jams/preserves
- dolmades
- soup

Condiments

- Mustard (Dijon and yellow)
- Hot sauce
- Sriracha
- Hoisin
- Mayonnaise
- Soy sauce
- Worcestershire sauce
- Salad dressing
- Pesto

Grains & Starches

- white rice
- brown rice
- wild rice
- Pasta
- Gnocchi
- Panko
breadcrumbs
- Quinoa
- Cornmeal

Herbs & Spices

- sea salt & kosher salt
- ground black pepper
- peppercorns
- red pepper chili flakes
- basil
- bay leaves
- cinnamon
- ground cumin
- curry powder
- chili powder
- cayenne
- garlic powder
- onion powder
- oregano
- nutmeg
- paprika
- rosemary
- thyme

Baking Supplies

- turmeric
- All-purpose flour
- Old fashioned rolled oats
- Almond flour
- Corn starch
- Baking powder
- Baking soda
- Instant dry yeast
- Vanilla extract
- Light brown sugar
- Dark brown sugar
- Applesauce
- Cane or granulated sugar
- Honey
- Maple syrup
- Agave syrup
- Chocolate chips
- Cocoa powder

Dried Fruit

- Raisins
- Cranberries
- Dates
- Coconut