

Pantry Essentials:

Baking		Protein, Canned & Dried	
Baking Powder		Beans, canned	
Baking Soda		Chicken broth, low sodium	
Flour, all-purpose unbleached		Tuna, chunk light	
Real vanilla extract		Vegetable broth	
Condiments		Oils & Vinegars	
Ketchup		Balsamic vinegar	
Mayonnaise		Canola oil	
Mustard, Dijon		Cider vinegar	
Mustard, yellow		Olive oil, extra virgin	
Tabasco		White wine vinegar	
Soy sauce, low sodium			
Worcestershire sauce			
Fruits & Nuts, dried		Spices	
Almonds		Basil, dried	
Almond /Peanut/ Sunflower Seed butter		Bay leaves, dried	
Cranberries, dried		Black peppercorn	
Raisins		Chili powder	
Walnuts		Cinnamon, ground	
		Coarse kosher salt	
		Oregano	
		Red pepper flakes, crushed	
Fruits & Vegetables		Sweeteners	
Apple sauce		Brown sugar, dark	
Green chilis canned, mild, diced		Granulated sugar	
Tomatoes, canned whole and diced		Honey	
		Jams and preserves	
		Maple syrup	
		Molasses	
Grains & Pasta			
Bread crumbs			
Granola			
Oats			
Pasta			
Polenta, quick-cooking			
Quinoa			
Rice			

Pantry Plus (+):

Baking		Protein, Canned & Dried	
Almond extract		Anchovies	
Cocoa powder, unsweetened		Beans, dried	
Evaporated milk		Clams, minced	
Powdered sugar		Salmon	
		Split peas	
Condiments		Oils & Vinegars	
Asian fish sauce		Red wine vinegar	
Calamata olives		Rice vinegar	
Capers		Sesame oil	
Coconut milk		Shortening	
Tahini sesame paste			
Tomato paste			
Fruits & Nuts, dried		Spices	
Apricots, dried		Cayenne pepper	
Cherries, dried		Curry powder	
Dates		Cloves, ground and whole	
Golden raisins		Ginger, ground	
Pecans		Nutmeg, ground and whole	
Pumpkin seeds		Thyme, dried	
Sunflower seeds			
Fruits & Vegetables		Sweeteners	
Canned fruits		Sweetened condensed milk	
100% Pumpkin puree			
Roasted red peppers			
Sundried tomatoes			
Grains & Pasta			
Pearl barley			
Soba and other noodles			
Wheat germ			
Whole wheat flour			
Wild rice			
Yellow cornmeal			