Basic pautry items check list

Basics

- Kosher salt
- Black peppercorns
- Extra virgin olive oil
- Vegetable oil
- Apple cider vinegar
- Red wine vinegar
- Balsamic or sherry vinegar
- Rice vinegar (unseasoned)

Baking

- ____ Flour: all-purpose and whole wheat
- ____ Baking soda
- ____ Baking powder
- Cream of tartar
- Cocoa powder (unsweetened)
- ___ Chocolate: chips or bar
- ____ Evaporated milk
- ___ Pure vanilla extract

Sweeteners

- Granulated sugar
- Confectioners' sugar
- Brown sugar
- Maple syrup
- ____ Honey

Rice and Grains

- Long-grain white rice
- Brown rice
- Grains: bulgur, quinoa, couscous
- Pasta: standard, whole grain,
- egg noodles

Snacks and Cereals

- Crackers
- Tortillas
- Cookies or biscuits
- Pretzels
- ___ Marshmallows
- Popcorn kernels
- Dried fruit: raisins, apricots or cherries
- ____ Seeds: sunflower, flax, chia or hemp
- Peanut butter or almond butter
- Applesauce
- ___ Breakfast cereal
- ___ Old-fashioned rolled oats

Canned Goods

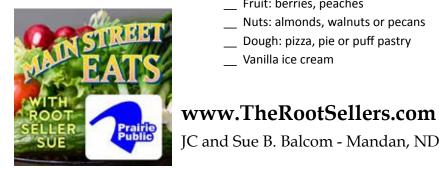
- Chicken broth
- Beans: cannellini, navy, chickpeas
 - or black
- Vegetables: hominy, corn or green beans
- Olives
- ___ Chiles: chipotles or pickled jalapenos
- Salsa
- ___ Tomatoes
- ____ Tomato paste
- ___ Tuna

Dried Herbs and Spices

- ____ Bay leaves
- Cajun seasoning
- Cayenne pepper
- __ Chile powder
- Crushed red pepper
- ____ Fennel or dill seed
- ___ Granulated garlic
- Ground cinnamon
- Ground cloves
- Ground cumin
- Ground ginger
- Oregano
- Paprika: sweet and smoked
- ___ Rosemary
- Sesame seeds
- ___ Thyme
- Whole nutmeg

Dairy and Eggs

- Milk
- Plain yogurt: regular or Greek
- ___ Butter
- ___ Cheddar or mozzarella
- Parmesan (wedge)
- ___ Eggs



Fresh Produce

- Apples
- ____ Avocados
- ____ Bananas
- **Bell peppers**
- Broccoli or cauliflower
- Carrots
- Celery
- Lemons
- ___ Limes
- Leafy greens: spinach, kale or chard
- ____ Lettuce: romaine, mixed greens
- ____ Flat-leaf parsley
- ____ Thyme
- ____ Scallions
- ___ Garlic
- Ginger

Onions

Condiments

___ Ketchup

___ Mayonnaise

Pickles

Soy sauce

Freezer

___ Bacon

Potatoes: sweet, white or new

Mustard: Dijon or whole grain

____ Hot sauce: Tabasco, Sriracha or sambal

Tomatoes: seasonal

____ Jelly, jam or preserves

Worcestershire sauce

Toasted sesame oil

____ Fruit: berries, peaches

____ Vanilla ice cream

___ Ground beef, ground turkey

or Italian sausage ____ Boneless, skinless chicken breasts

Bread: baguette or sandwich bread

Vegetables: peas, corn or favorites

___ Nuts: almonds, walnuts or pecans

Dough: pizza, pie or puff pastry