

how to Stock a Pantry *Feel Good* FOODIE

OILS & VINEGARS

- Extra-virgin olive oil
- Neutral cooking oil
- Sesame seed oil
- Coconut oil
- Olive oil cooking spray
- Red-wine vinegar
- Apple cider vinegar
- White vinegar
- Balsamic vinegar

CANS & JARS

- Tomato paste
- Tomato sauce
- Diced tomatoes
- Broth
- Wild-caught tuna
- Sun-dried tomatoes
- Canned coconut milk
- Pickles
- Olives
- Jam and preserves

CONDIMENTS

- Mustard
- Hot sauce & sriracha
- Ketchup
- Mayonnaise
- Soy sauce
- Worcestershire sauce
- Salad dressing

GRAINS & STARCHES

- Long-grain white rice
- Short-grain white rice
- Long-grain brown rice
- Pasta
- Panko breadcrumbs
- Quinoa
- Bulgur
- Couscous
- Freekeh and/or farro
- Boxed Mac n cheese

SPICES & HERBS

- Sea salt and kosher salt
- Black pepper & peppercorns
- Crushed red pepper
- Basil
- Bay leaves
- Cinnamon
- Cumin
- Curry powder
- Garlic powder
- Onion powder
- Oregano
- Nutmeg
- Paprika
- Rosemary
- Thyme
- Turmeric

BAKING SUPPLIES

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

SNACKS

- Pretzels
- Popcorn
- Crackers
- Granola bars
- Granola
- Chocolate bar
- Cereal

BEANS & LEGUMES

- White beans
- Kidney beans
- Pinto beans
- Black beans
- Chickpeas
- Fava beans
- Green lentils
- Red lentils

NUTS/NUT BUTTERS

- Almonds
- Cashews
- Pecans
- Walnuts
- Roasted peanuts
- Pistachios
- Peanut butter
- Almond butter
- Tahini paste

DRIED FRUITS

- Raisins
- Cranberries
- Dates
- Coconut

PRODUCE

- Onions
- Garlic
- Potatoes
- Lemons
- Apples

SEEDS/SUPERFOODS

- Chia seeds
- Hemp seeds
- Ground flaxseed
- Cacao nibs
- Protein powder
- Collagen powder
- Maca powder