

Pantry Staples

Spices

- Bay leaf
- Basil
- Caraway
- Cardamom
- Cayenne
- Celery seed
- Chili pepper
- Coriander
- Cinnamon
- Clove
- Cumin
- Dill
- Fennel
- Fenugreek
- Ginger
- Lemon grass
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Pepper
- Poppy seed
- Rosemary
- Saffron
- Sage
- Saffron
- Salt
- Sesame
- Star anise
- Tarragon
- Thyme
- Turmeric

Baking

- Baking soda
- Baking powder
- Cocoa
- Flour
- Honey
- Maple syrup
- Molasses
- Oatmeal
- Skim milk powder
- Sugar
- Vanilla extract
- Yeast

Munchies

- Cereal
- Crackers
- Dried fruit
- Granola bars
- Nuts
- Nut butters
- Popcorn
- Shredded coconut

Grains

- Amaranth (GF)
- Barley
- Bulgur
- Couscous
- Cornmeal (GF)
- Kumat
- Popcorn (GF)
- Quinao (GF)
- Rice (GF)
- Teff (GF)

Condiments

- Avocado oil
- Jams/jellies
- Ketchup
- Mayonnaise
- Mustard
- Olive oil
- Pickles
- Salsa
- Soy sauce
- Sriracha
- Vinegar

Canned Foods

- Canned beans
- Canned fish
- Canned no added salt tomatoes
- Canned no added salt vegetables
- Pasata
- Stock

Protein Sources

- Condensed milk
- Dried legumes
- Hemp hearts
- Roasted chickpeas
- TVP

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Grocery Staples

Fruit

- Apples
- Bananas
- Berries
(fresh/frozen)
- Grapes
- Grapefruit
- Lemons
- Limes
- Melon
- Oranges

Vegetables

- Broccoli
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumber
- Garlic
- Ginger
- Kale
- Lettuce/Greens
- Mushrooms
- Onions
- Peppers
- Potato
(white/sweet)
- Tomatoes
- Zucchini

Meat & Fish

- Beef
- Fish/Seafood
- Poultry
- Pork

Plant Based Protein

- Hemp hearts
- Tofu
- Tempeh
- Hummus

Dairy and Deli

- Milk
- Almond Milk
- Soy Milk
- Cheese
- Greek yogurt
- Cottage cheese
- Tzatziki
- Eggs
- Egg whites
- Butter
- Margarine

Bakery

- Bread
- Bagels
- Buns
- Muffins
- Pitas
- Tortillas
- English muffins

Freezer Items

- Frozen avocado
- Frozen vegetables
- Frozen fruit
- Frozen edamame
- Frozen spinach
- Frozen shrimp
- Puff pastry
- Protein powder

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