

PANTRY/FRIDGE STAPLES LIST

Oils and Vinegars	Condiments/Canned	Spices
Extra virgin olive oil Toasted sesame oil Virgin coconut oil Apple cider vinegar Rice vinegar Red wine vinegar Balsamic vinegar	Tomato paste Whole peeled tomatoes Marinara Canned beans Full-fat coconut milk Canned tuna/salmon/sardines	Kosher salt Black pepper Ground cumin Ground coriander Smoked paprika Paprika Ground turmeric Ground cinnamon Ground nutmeg Chili powder Curry powder Garlic powder Dried oregano Fennel seeds Red pepper flakes
Grains	Flours/Baking	Fridge
Lentils (green/brown and red) Short grain brown rice Jasmine white rice and/or short grain white rice Farro Quinoa Rolled oats Pasta Bread	Almond flour Oat flour Whole wheat flour All purpose flour Cocoa powder Baking soda Baking powder	Eggs Milk Butter Cheese (parm, cheddar) Plain whole milk Greek yogurt Mellow white miso paste Soy sauce/tamari Fish sauce Sriracha Dijon mustard Ketchup Tortillas Lemons/limes
Nuts/seeds	Sweeteners	Freezer
Almonds, walnuts, hazelnuts, peanuts, cashews, pumpkin seeds, sesame seeds Peanut butter Almond butter Tahini	Honey Maple syrup Coconut sugar Blackstrap Molasses Dark chocolate chips	Frozen fruit Frozen veg (spinach + broccoli) Frozen meats Bread