

pantry essentials

Keep your kitchen stocked for quick and easy meal planning with this basic pantry list.

must-have

- » Olive oil
- » Canola or other neutral oil
- » Salt
- » Cracked black pepper
- » Granulated sugar
- » Brown sugar
- » All-purpose flour
- » Baking powder
- » Vanilla
- » Butter
- » Eggs
- » Onions
- » Garlic cloves

good-to-have

- » Ramen noodles or egg noodles
- » Chicken broth (*reduced-sodium*)
- » Marinara sauce
- » Chunky salsa
- » Ketchup
- » Pasta (*spaghetti, penne, small shells*)
- » Couscous
- » Rice
- » Oats
- » Potatoes
- » Beans (*white, garbanzo, kidney, pinto, black; canned or dried*)
- » Tuna
- » Balsamic, red wine, or cider vinegar
- » Coconut milk
- » Shredded unsweetened coconut
- » Raisins (*or other dried fruit: cherries, cranberries, apricots*)
- » Cocoa powder
- » Cornstarch
- » Whole wheat flour
- » Cornmeal
- » Yeast
- » Tomato paste
- » Diced tomatoes
- » Fine dry bread crumbs or panko

freezer faves

- » Boneless, skinless chicken breasts
- » Ground turkey
- » Ground beef
- » Italian sausage
- » Shrimp
- » Peas
- » Vegetable blends (*or other frozen vegetables: peppers or broccoli*)
- » Corn
- » Whole wheat sandwich bread
- » Baguette, rolls, and/or pita bread
- » Frozen berries (*blueberries, strawberries, mixed berries*)
- » Frozen spinach
- » Peanuts, almonds, pecans, and/or walnuts

fridge faves

- » Shredded Italian cheese blend
- » Shredded Mexican cheese blend
- » Feta cheese
- » Grated Parmesan cheese
- » Plain low-fat yogurt
- » Low-fat milk
- » Cream cheese
- » Bacon
- » Carrots
- » Salad greens
- » Mushrooms
- » Sweet peppers
- » Celery
- » Lemons
- » Olives (*Kalamata or other Greek olives have more flavor than black.*)
- » Premade pizza dough
- » Tortillas
- » Dijon mustard
- » Peanut butter
- » Soy sauce

spices

- » Cayenne pepper
- » Chili powder
- » Ground cinnamon
- » Ground cloves
- » Ground cumin
- » Curry powder
- » Ground ginger
- » Dried oregano
- » Crushed red pepper
- » Dried thyme