



# How to STOCK your pantry

## PROTEIN/DAIRY

- Eggs
- Yogurt
- Milk or alternative
- Canned or refried beans
- Nut butter
- Whole nuts or seeds
- Canned tuna
- Frozen/canned chicken
- Ground meat
- Sausage

Each section is organized by food groups. A balanced meal should always have a protein plus two additional food groups. We also have a category for condiments and sauces, which are the bridge that turn ingredients into meals.

## GRAIN/STARCH

- Cold cereal, oats
- Pancake mix
- Crackers
- Pasta and rice
- White flour
- Potatoes
- Bread
- Corn tortillas
- Frozen/canned corn
- Frozen/canned peas
- Granola bars
- Popcorn

## FRUITS/VEGGIES

- Apples
- Bananas
- Oranges/lemons/limes
- Frozen fruit
- Dried fruit
- Onion
- Garlic
- Canned tomatoes
- Carrots
- Lettuce
- Winter squash
- Frozen veggies

## CONDIMENT/SAUCE/FLAVORING

- Olive oil, butter, vinegar
- Salt and pepper
- Honey or maple syrup
- Mustard and hot sauce
- Soy sauce
- Parmesan and cheddar cheese
- Chocolate chips
- Granulated/brown sugar
- Leavening agents—baking soda, baking powder, yeast
- Simmer sauce/seasoning pack
- Dried herbs and spices
- Favorite dip/spread/dressing

Notes:

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- Lentils
- Dried beans
- Beef roast
- Pork roast
- Whole chicken
- Frozen fish
- Tofu
- Pancetta/bacon
- Sardines/anchovies

- Quinoa
- Whole grain flour
- Farro
- Wild rice
- Couscous
- Pad thai noodles
- Breadcrumbs
- Spring roll wrappers

- Peppers
- Mushrooms
- Avocados
- Broccoli
- Root vegetables
- Pineapple
- Jalapenos
- Fresh herbs

- Coconut milk
- Ginger
- Chutney, fig jam
- Dark baking chocolate
- Curry paste
- Tomato paste
- Toasted sesame oil
- Stronger cheeses [feta, goat, blue]
- Olives, capers

Advanced Cooks

- Whole fish
- Tempeh
- Chorizo

- Arborio rice
- Barley
- Spelt

- Dried chiles
- Jackfruit
- Shallots

- Miso paste
- Harissa paste
- Kimchi
- Cornichons
- Oyster sauce
- Aged/artisan cheeses

