

— *The* —

PANTRY

GUIDE

SIMPLE NESTING

PANTRY ESSENTIALS

GRAINS

WHOLE GRAINS

- Quinoa
- Brown Rice
- Basmati Rice
- Rolled Oats
- Barley
- Whole Grain Pasta
- Lentils
- Split Peas

FLOURS

- All Purpose Flour
- Bread Flour
- Whole Wheat Flour
- All Purpose Gluten Free Flour
- Almond Flour

PASTAS

- Assorted Whole Wheat Pasta
- Assorted Gluten Free Pasta
- Brown Rice Pasta

PREPARED GRAINS

- Whole Wheat Breadcrumbs
- Panko Breadcrumbs
- Whole Wheat Bread
- Tortillas
- Corn Tortillas
- Croutons

BAKING SUPPLIES

- Cornmeal
- Cornstarch
- Arrowroot Powder
- Unsweetened Cocoa Powder
- Vanilla Extract
- Chocolate Chips
- Lemon Juice
- Baking Powder
- Baking Soda
- Quick Rising Yeast
- Lemon Extract
- Almond Extract

SWEETENERS

- Raw Honey
- Pure Maple Syrup
- Molasses
- Granulated Sugar
- Light and Dark Brown Sugar
- Powdered Sugar
- Coconut Sugar

SPICES

- Salt
- Kosher Salt
- Pepper
- Allspice
- Basil
- Bay Leaves
- Cayenne
- Chili Powder
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry Powder
- Dill
- Dry Mustard
- Garlic Powder
- Ginger
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Smoked Paprika
- Red Pepper Flakes
- Rosemary
- Sage
- Thyme
- Turmeric
- Parsley Flakes
- Cream of Tartar

NUTS AND SEEDS

- Almonds
- Raw Cashews
- Walnuts
- Pecans
- Pistachios
- Sesame Seeds
- Chia Seeds
- Sunflower Seeds
- Pine Nuts
- Pumpkin Seeds

OILS AND VINEGARS

- Unrefined Coconut Oil
- Extra Virgin Olive Oil
- Avocado Oil
- Apple Cider Vinegar
- Rice Wine Vinegar
- Balsamic Vinegar
- White Wine Vinegar
- Red Wine Vinegar
- Sherry Vinegar
- Soy Sauce/Coconut Aminos

CONDIMENTS

- Worcestershire
- Sriracha
- Liquid Smoke
- Mustard
- Dijon Mustard
- Organic Ketchup
- Mayo
- Pickles
- BBQ Sauce

CANNED/JARRED GOODS

- Coconut Milk
- Tomato Paste
- Tomato Sauce
- Diced Tomatoes
- Black Beans
- Red Beans
- Great Northern Beans
- Chickpeas
- Salsa
- Tuna
- Salmon
- Capers
- Green Chiles
- Chilies in Adobo Sauce
- Pineapple
- Chicken Broth
- Beef Broth
- Vegetable Broth
- Marinara Sauce
- Parmesan Cheese
- Nut Butters
- Peanut Butter
- Jams/Jellies

SNACKS

- Popcorn
- Fruit Leather
- Lara Bars
- Kind Bars
- Crackers
- Gluten Free Crackers
- Pretzels
- Goldfish
- Cheese-Its
- Tortilla Chips
- Applesauce
- Raisins
- Dried Cranberries
- Dates
- Granola
- Juice Boxes