

# PANTRY GUIDE

## Oils & Fats

- Extra-Virgin Olive Oil
- Canola Oil
- Sesame Oil
- Unsalted Butter

## Sweeteners

- Sugar
- Agave
- Honey
- Maple Syrup
- Powdered Sugar
- Blackstrap Molasses

## Vinegar

- Apple Cider Vinegar
- Rice Vinegar
- Balsamic Vinegar
- White Vinegar
- White Wine Vinegar
- Red Wine Vinegar

## Condiments & Sauces

- Soy Sauce
- Coconut Aminos (soy alternative)
- Hot Sauce
- Dijon Mustard
- Yellow Mustard
- Ketchup
- Mayonnaise
- BBQ Sauce
- Worcestershire Sauce
- Salsa
- Teryaki
- Sweet & Sour Sauce
- Steak Sauce
- Grape Jam
- Strawberry Preserves
- Ranch Dressing
- Cesar Dressing

## The Spice Cabinet

- Basil
- Black Pepper, ground
- Cayenne Pepper
- Cinnamon, ground
- Celery Salt
- Chili Powder
- Cumin
- Dill
- Dried Oregano
- Dried Parsley
- Everything Bagel Seasoning
- Garlic Powder
- Ginger
- Ground Mustard
- Italian Seasonings
- Minced Onion
- Nutmeg, ground
- Onion Powder
- Paprika
- Poppy Seeds
- Poultry Seasoning
- Red Pepper Flakes
- Rosemary
- Smoked Paprika
- Sesame Seeds
- Saffron
- Steak Seasoning
- Thyme

## Baking

- Baking Powder
- Baking Soda
- Corn Starch
- Cocoa Powder
- Vanilla Extract
- Peppermint Extract
- Lemon Extract
- Dark Chocolate Chips
- White Chocolate Chips
- Dark Chocolate Bar (for melting)
- White Chocolate Bar (for melting)

## Flours

- All Purpose Flour
- Gluten Free 1 to 1 Flour
- Corn Meal
- Cake Flour
- Bisquick
- Pancake/Waffle Mix

## Other Pantry Items

- Peanut Butter
- Chicken Stock
- Beef Stock
- Canned Diced Tomatoes
- Tomato Sauce
- Stewed Tomatoes
- Tomato Paste
- Tomato Soup (Pacific Brand)
- Kidney Beans
- Chili Beans
- Refried Beans
- Jasmine Rice
- Almonds
- Peanuts
- Collagen Protein (I use this in my coffee every day)
- Bread
- Buns (Burger & Hot Dog)
- Grits
- Oatmeal
- Spaghetti Noodles
- Dried Pasta Noodles (elbows, ziti, etc)
- Spaghetti Sauce
- Taco Seasoning
- Taco Shells
- Flour Tortillas
- Ranch Seasoning
- Cream of Chicken Soup (Pacific Brand)
- Cream of Mushroom Soup (Pacific Brand)

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## FRESH ITEMS THAT I ALWAYS HAVE:

We freeze most all of our meat and seafood, and defrost before using.

Veggies	Fruit	Herbs	Other
Potatoes	Bananas	Basil	Milk
Sweet Potatoes	Lemons	Cilantro	Almond Milk
Carrots	Limes		Buttermilk
Asparagus	Apples		Half & Half
Brussels Sprouts	Oranges		Cheddar
Broccoli Florets			Parmesan
Spinach		Meat	Poultry & Eggs
Lettuce			
Tomatoes			Boneless Skinless Chicken Breasts
Garlic			Whole Chicken
			Ground Chicken
			Eggs
		Ground Beef	
		Pork Chops	
		Ground Pork	
		Salmon	
		Flounder	