## 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 lam
- 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)

# **PANTRY GUIDE**

### FRESH ITEMS THAT I ALWAYS HAVE:

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

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