KITCHEN ESSENTIALS CHECKLIST

Pantry Staples						
BAKING	OILS & VINEGARS	WHOLE GRAINS	NUTS & SEEDS			
All-purpose flour	Extra Virgin Olive Oil	Rolled oats	Walnuts			
Bread flour	Coconut oil	Brown rice	Pecans			
Cake flour	non-GMO canola oil	White rice	Peanuts			
Baking powder	Apple Cider Vinegar	Wild rice	Whole almonds			
Baking soda	Balsamic vinegar	Couscous	Sliced almonds			
Sea salt	Red wine vinegar	Quinoa	Sunflower seeds			
Active dry yeast	White wine vinegar	Millet	Sesame seeds			
Panko breadcrumbs	Sesame oil	Arborio rice	Chia seeds			
Cornstarch	Rice Vinegar	Amaranth				
Unsweetened coconut						
Semisweet choc. morsels						
Dark chocolate morsels	PASTA	GLUTEN-FREE BAKING	SWEETENERS			
Cocoa powder	Elbow macaroni	Arrowroot flour	Honey			
	Orzo	Almond flour	Maple syrup			
	Angel hair pasta	1-1 GF flour	Coconut sugar			
	Egg noodles		Org. granulated sugar			
	Israeli couscous		Molasses			
	Pad thai noodles					
VEGETABLES	SNACKS	SNACKS CANNED GOODS				
Yellow onions	crackers	Canned tomatoes	Dried beans			
Russet potatoes	Fruit snacks	Beef broth	Applesauce			
Sweet potatoes	Pretzels	Artichokes	Lentils			
Tomatoes	Popcorn kernels					
	Raisins					

Fridge Staples						
DAIRY	VEG	ETABLES	CONDIMENTS		MEAT	
Milk	Carrots		Ketchup		Eggs	
Heavy cream	Greens		Dijon mustard		Chopped bacon	
Salted butter (Kerrygold)	Bell peppe	rs	Spicy brown mustard			
Unsalted butter	Mushroom	S	Yellow mustard			
Cheddar cheese	Brussel sp	routs	Texas Pete			
Parmesan cheese			Tabasco			
Mozarella cheese			Franks Red Hot			
Feta cheese			Mayonnaise			
Snack cheese						
Yogurt						
		FRUIT	OTHER		ASIAN	
	Apples		Salad dressing		Soy sauce	
	Oranges		Cornmeal		Fish sauce	
	Dates		Olives		Chili paste	
	Jam		Pickles		Hoisin sauce	
			Tortillas			

Frozen Staples								
MEAT		VEGETABLES		FRUIT		OTHER		
Chicken breasts		peas		strawberries				
Sweet Italian sausage		corn		blueberries				
Ground beef		Green beans		bananas				
Whole chicken		Broccoli		Pineapple				