

# Easy Dinner Ideas

# Essential Staples List

## Pantry/Baking:

- ☐ all-purpose flour
- ☐ gluten-free 1-1 flour
- ☐ bread flour
- ☐ kosher salt
- ☐ sea salt
- ☐ baking powder
- ☐ baking soda
- ☐ active dry yeast
- ☐ olive oil
- ☐ coconut oil
- ☐ honey
- ☐ maple syrup
- ☐ soy sauce

## Pantry/Other:

- ☐ canned tomatoes
- ☐ brown/white rice
- ☐ dry pasta noodles
- ☐ dry pasta shapes
- ☐ dry/canned beans
- ☐ chicken stock
- ☐ tortillas

## Produce:

- ☐ yellow onions
- ☐ garlic
- ☐ potatoes
- ☐ cherry tomatoes
- ☐ mushrooms
- ☐ carrots
- ☐ greens (spinach, chard, kale)
- ☐ bell peppers

## Frozen:

- ☐ corn
- ☐ peas
- ☐ guacamole
- ☐ blueberries
- ☐ egg roll wrappers

## Dairy:

- ☐ butter
- ☐ milk
- ☐ cheddar cheese
- ☐ parmesan cheese
- ☐ mozzarella cheese
- ☐ plain Greek yogurt

## Meat:

- ☐ eggs
- ☐ chopped bacon
- ☐ chicken breasts
- ☐ ground beef
- ☐ sweet Italian sausage

## Spices/Herbs:

- ☐ garlic powder
- ☐ onion powder
- ☐ minced onion
- ☐ oregano
- ☐ basil
- ☐ rosemary
- ☐ cumin
- ☐ chili powder
- ☐ dry mustard
- ☐ paprika
- ☐ dill
- ☐ parsley
- ☐ black pepper
- ☐ ground ginger

## My Extra Essentials:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐