

♥ Pantry Staples list

by **green child**
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fresh goods

Apples	Milk	Greek Yogurt
Bananas	Eggs	Potatoes
Onions	Butter	Squash
Carrots	Cheeses	Citrus Fruits
Mushrooms	Greens	Cauliflower
Plantains	Celery	Mangoes

Cooking Essentials

Coconut Oil	Baking Soda
EV Olive Oil	Baking Powder
Soy Sauce	White Vinegar
Sugar / Honey	Cider Vinegar
Brown Sugar	_____
Vanilla Extract	_____

freezer Stash

Vegetables {Corn, Spinach, Peas, Etc.}	_____
Fruits {Berries, Etc.}	_____
Breads	_____
Fish	_____
Meat {if diet allows}	_____

Seasonings

Sea Salt	Oregano	Taco Seasoning
Pepper	Paprika	Chili Powder
Basil	Cinnamon	Fresh Garlic
Cumin	Nutmeg	Fresh Ginger
Turmeric	Cloves	_____
Thyme	Cocoa	_____

dry Goods

Pastas	Beans	Condiments
Rice	Pesto	Canned Tomatoes
Quinoa	Soups	Stock or Broth
Flour	Salsa	Maple Syrup
Lentils	Jam	Breadcrumbs
Oats	Olives	Canned Fish

packables & Snackables

Nut Butters {or alt.}	Nuts & Seeds
Crackers	Applesauce
Yogurt	_____
Popping Corn	_____
Pretzels	_____
Dried Fruits	_____

the Rest

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

* We recommend choosing whole, organic ingredients whenever possible.