# My Pantry Staples List

## Fresh Goods
- apples
- bananas
- onions
- carrots
- mushrooms
- plantains
- milk
- eggs
- butter
- cheeses
- greens
- celery

## Cooking Essentials
- coconut oil
- EV olive oil
- soy sauce
- sugar / honey
- brown sugar
- vanilla extract
- baking soda
- baking powder
- white vinegar
- cider vinegar

## 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
- pesto
- sauces
- soups
- flour
- lentils
- oats

## Packables & Snackables
- nut butters (or alt.)
- crackers
- yogurt
- popping corn
- applesauce
- dried fruits

## The Rest

* We recommend choosing whole, organic ingredients whenever possible.