

pantry STAPLES

produce	baking items	grocery	condiments
avocados	all-purpose flour	almond milk	almond butter
bananas	almond extract	coffee	barbecue sauce
tomatoes	baking powder	bread	hoisin sauce
lemons	baking soda	panko breadcrumbs	honey
limes	Bisquik	plain breadcrumbs	hot sauce
garlic	chocolate chips	tortillas	ketchup
onions	cocoa powder	beef stock / broth	maple syrup
potatos	corn starch	bouillon	mayo
spaghetti squash	cornmeal	beans: black beans	mustard
sweet potato	jiffy corn muffin mix	beans: cannellini beans	nutella
bell peppers	oats	beans: garbanzo beans	peanut butter
broccoli	polenta	beans: kidney beans	soy sauce
carrots	shortening	canned chipotles in adobo	tahini
celery	sugar: brown	canned corn	worcestershire
cucumbers	sugar: confectioner's	canned cream corn	
jalapeños	sugar: granulated	canned crushed tomato	grains
parsnip	sugar: turbinado	canned diced tomato	couscous
romaine	vanilla extract	canned tomato paste	pasta: long cuts
salad greens: spinach, kale, arugula, spring greens	whole wheat flour	canned tomato puree	pasta: short cut
	yeast	canned tomato sauce	pasta: small / soup
		canned whole tomato	quinoa
		capers	rice: brown
		chicken stock / broth	rice: white / jasmine
		cream of mushroom soup	
		diced chiles	dairy
		jarred roasted red peppers	butter
		lentils	cheddar
		olives	eggs
		pepperoncini	heavy cream
		pickles	milk
		sliced cherry peppers in oil	mozzarella
		taco shells	parmesan
		velveeta	greek yogurt
nuts / seeds	oil / vinegar		
almonds	apple cider vinegar		
cashews	balsamic vinegar		
peanuts	cooking spray oil		
walnuts	distilled white vinegar		
	extra virgin olive oil		
	red wine vinegar		
	rice vinegar		
	sesame oil		
	vegetable oil		
	white wine vinegar		
frozen			
broccoli florettes			
puff pastry			
spinach			