

# Pantry Staples Checklist

## Pantry

- Olive oil
- Vegetable oil
- Balsamic vinegar
- Red wine vinegar
- Salt and pepper
- Spices
- Canned tuna
- Canned beans
- Jarred artichoke hearts
- Jarred roasted red peppers
- Chicken broth
- Tomato paste
- Jarred marinara sauce
- Red and white wine
- Rice in different varieties
- Pasta in different varieties
- All-purpose flour
- Sugar
- Potatoes
- Garlic and onions
- Cornmeal
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Refridgerator

- Butter
- Milk
- Eggs
- Plain yogurt
- Parmesan cheese
- Dijon mustard
- Lemons/Limes
- Sun-dried tomatoes in olive oil
- Olives
- \_\_\_\_\_
- \_\_\_\_\_

## Freezer

- Spinach
- Bread
- Bacon
- Shrimp
- Nuts
- Chicken, Beef, Pork
- Puffed pastry
- Ginger root
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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