



# PANTRY SHOPPING LIST

## ON THE SHELF

### Baking ingredients

- ☐ All-purpose flour
- ☐ Whole-wheat or white whole-wheat flour
- ☐ Sugar
- ☐ Brown sugar
- ☐ Baking powder
- ☐ Baking soda
- ☐ Corn meal
- ☐ Corn starch
- ☐ Oats
- ☐ Vanilla

### Beans (canned)

- ☐ Black
- ☐ Cannellini
- ☐ Chickpeas
- ☐ Kidney
- ☐ Pinto

### Broths, marinades, and cooking bases

- ☐ Chicken broth
- ☐ Vegetable broth
- ☐ Soy sauce

### Dried herbs/and spices

- ☐ Assorted

### Fish (canned)

- ☐ Salmon
- ☐ Tuna

### Fruits (canned)

- ☐ Mandarin oranges
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Black olives
- ☐ Green olives

### Fruits (dried)

- ☐ Apricots
- ☐ Raisins
- ☐ Cranberries

### Grains

- ☐ Brown rice
- ☐ Barley
- ☐ Bulgur
- ☐ Couscous
- ☐ Millet
- ☐ Quinoa

### Legumes (dried)

- ☐ Lentils
- ☐ Split peas

### Oils and Vinegars

- ☐ Extra-virgin olive oil
- ☐ Safflower or canola oil
- ☐ Sesame oil
- ☐ Balsamic vinegar
- ☐ Rice vinegar
- ☐ Apple cider vinegar



### Pasta

- ☐ Assorted

### Spreads and dips

- ☐ Peanut butter
- ☐ Salsa

### Vegetables (fresh)

- ☐ Garlic
- ☐ Onions
- ☐ Potatoes
- ☐ Sweet potatoes

### Vegetables (canned)

- ☐ Crushed tomatoes
- ☐ Diced tomatoes
- ☐ Tomato paste
- ☐ Stewed tomatoes

## IN THE FREEZER

### Vegetables

- ☐ Broccoli
- ☐ Carrots
- ☐ Corn
- ☐ Green beans
- ☐ Peas
- ☐ Spinach

### Fruits

- ☐ Blueberries
- ☐ Raspberries
- ☐ Strawberries

### Poultry and Meat

- ☐ Chicken
- ☐ Ground beef
- ☐ Pork chops

### Nuts

- ☐ Almonds
- ☐ Cashews
- ☐ Pecans
- ☐ Pine nuts
- ☐ Walnuts

### Bread

- ☐ Whole grain
- ☐ Hamburger buns

## IN THE REFRIGERATOR

### Condiments

- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Pickles

### Dairy

- ☐ Parmesan cheese
- ☐ Eggs
- ☐ Butter

