

PANTRY STAPLES SHOPPING LIST

OILS / VINEGARS

- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ Vegetable Oil
- ☐ Toasted Sesame Oil
- ☐ Cooking Spray
- ☐ White Vinegar
- ☐ Apple Cider Vinegar
- ☐ Rice Vinegar
- ☐ Balsamic Vinegar

SAUCES / BUTTERS

- ☐ Less-Sodium Soy Sauce
- ☐ Buffalo Hot Sauce
- ☐ Sriracha
- ☐ BBQ Sauce
- ☐ Yellow Mustard
- ☐ Dijon Mustard
- ☐ Ketchup
- ☐ Jelly
- ☐ Salsa
- ☐ Tahini
- ☐ Nut Butters
- ☐ Coconut Butter

CANNED GOODS

- ☐ Chickpeas
- ☐ Pinto Beans
- ☐ Kidney Beans
- ☐ Black Beans
- ☐ Cannellini Beans
- ☐ Lentils
- ☐ Pumpkin Puree
- ☐ Jarred Tomato Sauce
- ☐ Chopped Tomatoes
- ☐ Tomato Paste
- ☐ Coconut Milk

BAKING

- ☐ Whole Wheat Flour
- ☐ All-Purpose White Flour
- ☐ Corn Flour / Meal
- ☐ Brown Rice Flour
- ☐ Gluten Free 1-to-1 Flour
- ☐ Chickpea Flour
- ☐ Active Dry Yeast
- ☐ Corn Starch
- ☐ Cocoa Powder
- ☐ Cane Sugar
- ☐ Coconut Sugar
- ☐ Brown Sugar
- ☐ Powdered Sugar
- ☐ Maple Syrup
- ☐ Shredded Coconut
- ☐ Psyllium Husk
- ☐ Dairy-Free Chocolate
- ☐ Dried Fruit
- ☐ Vanilla Extract
- ☐ Baking Soda
- ☐ Baking Powder

GRAINS / LEGUMES

- ☐ Oatmeal (Rolled, Quick)
- ☐ Brown Rice
- ☐ White Rice
- ☐ Quinoa
- ☐ Couscous
- ☐ Brown Lentils
- ☐ Red Split Lentils
- ☐ Whole Wheat Pasta
- ☐ Gluten-Free Pasta
- ☐ Bean-Based Pasta
- ☐ Popcorn

SPICES / SEASONINGS

- ☐ Kosher Salt
- ☐ Fine Sea Salt
- ☐ Black Pepper
- ☐ Vegetable Broth Powder
- ☐ Cinnamon
- ☐ Nutmeg
- ☐ Pumpkin Pie Spice
- ☐ Cayenne Pepper
- ☐ Crushed Red Pepper
- ☐ Cumin
- ☐ Chili Powder
- ☐ Paprika
- ☐ Smoked Paprika
- ☐ Garam Masala
- ☐ Garlic Powder
- ☐ Onion Powder

NUTS / SEEDS

- ☐ Almonds
- ☐ Walnuts
- ☐ Cashews
- ☐ Pecans
- ☐ Sesame Seeds
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Hemp Seeds
- ☐ Chia Seeds
- ☐ Ground Flaxseeds

NUTS / SEEDS

- ☐ Onions
- ☐ Garlic
- ☐ Lemons
- ☐ Limes
- ☐ Fresh Ginger

