

# A WELL STOCKED PANTRY

## Fridge

- \*milk or soymilk
- plain or vanilla yogurt
- sour cream
- \*real Parmesan cheese
- \*Sharp Cheddar cheese
- \*Eggs (large)
- \*Butter
- Mayonnaise
- \*Gourmet Gardens fresh herbs

## Freezer

- Fruit-juice concentrates  
(orange, apple, pineapple)
- \*Frozen vegetables: edamame (soybeans),  
peas, spinach, broccoli, bell pepper and  
onion mix, corn, chopped onions,  
small whole onions, uncooked hash browns
- Frozen berries
- \*Ground beef
- \*Chicken breasts

## Fresh

- \*Potatoes
- \*Onions
- \*Garlic

## Baking

- \*All-purpose flour
- \*Granulated sugar
- Powdered sugar
- Brown sugar
- \*Baking powder
- \*Baking soda
- Yeast
- \*Salt (kosher and table)
- \*Corn starch
- \*Cocoa Powder
- \*Vanilla extract
- Olive oil
- \*Canola oil
- Honey
- Powdered milk
- Sweetened condensed milk
- Evaporated milk
- \*Chocolate chips

## Dried Herbs & Spices

- Basil
- Thyme
- Oregano
- Marjoram
- \*Rosemary
- Sage
- \*Parsley
- Savory
- Coriander
- \*Garlic powder
- Onion powder
- Cloves, ground
- Allspice
- Nutmeg
- Ginger, ground
- \*Cinnamon
- \*Cumin
- \*Black pepper
- Dill
- \*Bay leaves
- \*Chili powder
- Dry mustard

## Dried Goods

- \*Pasta (in various  
shapes, strands, and tubes)
- \*Long-grain white rice
- Lentils and dried beans
- Dried bread crumbs
- Popcorn
- \*Cereal
- \*Rolled Oats
- Dried fruit (apricots,  
cranberries, etc.)

## Canned Goods

- \*Chicken/Beef stock or broth
- \*Canned tomatoes
- \*Tomato sauce
- \*Tomato paste
- Jar of marinara sauce
- \*Canned beans: white, black,  
kidney
- Tuna
- Applesauce

## Condiments

- \*Ketchup
- Dijon mustard
- \*Yellow mustard
- \*Mayonnaise
- \*Salad dressing
- \*Barbeque sauce
- \*Salsa
- Soy sauce
- \*Worcestershire sauce
- \*Hot sauce
- Maple syrup
- \*Vinegar (White, Apple  
cider, Balsamic)
- \*Pickles
- \*Jam
- \*Peanut butter

\*These are my bare minimums!

