

FAMILYSTYLEFOOD

PANTRY CHECKLIST

1 CANNED

- TOMATOES (whole crushed paste) TUNA (oil packed)
- COCONUT MILK BEANS (black pinto cannellini chickpeas)

2 WHOLE GRAINS + LEGUMES

- BROWN RICE (short grain) WHITE RICE (jasmine +/or basmati)
- OATS (quick regular steel cut) BULGUR COUSCOUS FARRO
- LENTILS (brown green red)

3 FREEZER

- BERRIES (blueberries raspberries strawberries) PINEAPPLE
- MANGO PEAS CORN BROCCOLI

4 SPICES

- KOSHER SALT BLACK PEPPERCORNS (for grinding) CINNAMON
- DRIED RED CHILI PEPPERS (whole crushed) DRIED OREGANO
- CUMIN (ground) PAPRIKA (sweet smoked) CORIANDER TURMERIC

5 NUTS + NUT BUTTERS

- PEANUTS ALMONDS PISTACHIOS WALNUTS CASHEWS
- HAZELNUTS PEANUT BUTTER ALMOND BUTTER TAHINI

6 OILS

- OLIVE (extra virgin) PEANUT (roasted) CANOLA AVOCADO
- SESAME (toasted) COCONUT GHEE

7 VINEGARS

- RED WINE WHITE WINE APPLE CIDER RICE BALSAMIC

8 SWEETENERS

- PURE CANE SUGAR BROWN SUGAR (light or dark)
- MAPLE SYRUP HONEY AGAVE NECTAR

9 CONDIMENTS

- MUSTARD (Dijon) KETCHUP MAYONNAISE SOY SAUCE
- FISH SAUCE HOT SAUCE (Tabasco sriracha) HARISSA

10 DRY GOODS

- PASTA (spaghetti rigatoni pappardelle shells orzo)
- RICE NOODLES FLOUR (all purpose almond brown rice)
- CORNMEAL (stone ground) COCOA (unsweetened)