

# Pantry Staples Checklist

## Pantry

- |  |  |
|--|--|
| <input type="checkbox"/> Olive oil             | <input type="checkbox"/> Rice              |
| <input type="checkbox"/> Vegetable/canola oil  | <input type="checkbox"/> Pasta             |
| <input type="checkbox"/> Balsamic vinegar      | <input type="checkbox"/> All-purpose flour |
| <input type="checkbox"/> Red wine vinegar      | <input type="checkbox"/> Sugar             |
| <input type="checkbox"/> Salt & pepper         | <input type="checkbox"/> Potatoes          |
| <input type="checkbox"/> Spices                | <input type="checkbox"/> Garlic and onions |
| <input type="checkbox"/> Canned tuna           |  |
| <input type="checkbox"/> Canned beans          |  |
| <input type="checkbox"/> Chicken broth         |  |
| <input type="checkbox"/> Tomato paste          |  |
| <input type="checkbox"/> Jarred marinara sauce |  |
| <input type="checkbox"/> Red and white wine    |  |

## Freezer

- |                                  |   |
|----------------------------------|---|
| <input type="checkbox"/> Peas    | <input type="checkbox"/> Bacon            |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Shrimp           |
| <input type="checkbox"/> Bread   | <input type="checkbox"/> Boneless chicken |

## Refrigerator

- |  |
|--|
| <input type="checkbox"/> Butter          |
| <input type="checkbox"/> Milk            |
| <input type="checkbox"/> Eggs            |
| <input type="checkbox"/> Plain yogurt    |
| <input type="checkbox"/> Parmesan cheese |
| <input type="checkbox"/> Dijon mustard   |
| <input type="checkbox"/> Carrots         |
| <input type="checkbox"/> Lemons          |
| <input type="checkbox"/> Mayonnaise      |

## General Tips

- Having a well-stocked pantry means you can pull together a quick week night meal without having to run to the store to pick up one thing.
- Knowing exactly what to restock will help make each grocery shopping trip easier.