

# Pantry Staples



## Meal Fillers:

Rice  
Beans: kidney, black, lentils, etc.  
Pasta  
Tortillas  
Bread  
Polenta  
Quinoa  
Couscous

## Oils, Vinegars, Sauces:

Cooking fat of choice (olive oil, coconut oil, avocado, oil, etc.)  
Dressing oils (olive oil, avocado oil)  
Vinegars: Red Wine, Apple Cider, Balsamic, Soy Sauce  
Worcestershire Sauce  
Hot Sauce  
Mustard (yellow, dijon)  
Mayonnaise  
Pickles  
Lemon/Lime Juice  
Pesto  
Ketchup

## Baking:

Baking Soda  
Baking Powder  
Corn Starch  
Flour: All -Purpose, Pastry, Almond Meal  
Granulated Sugar (white, cane, coconut)  
Honey  
Maple Syrup  
Vanilla Extract

## Nuts:

Almonds      Pecans  
Cashews      Pumpkin Seeds  
Walnuts      Sunflower Seeds

## Canned/Jarred Items:

Beans  
Basic Marinara Sauce  
Diced Tomatoes  
Tomato Paste  
Tomato Sauce  
Salsa  
Broth (Beef, Chicken, Veggie)  
Canned tuna or salmon  
Coconut Milk  
Nut Butters (peanut, almond, etc.)

## Spices:

Sea Salt  
Pepper  
Basil  
Cayenne  
Chili Powder  
Cinnamon  
Crushed Red Pepper  
Cumin  
Curry  
Garlic Powder  
Ginger Powder  
Oregano  
Rosemary  
Smoked Paprika  
Turmeric

## Meal Enhancers:

Olives  
Capers  
Roasted Red Pepper  
Sun Dried Tomatoes  
Nutritional Yeast  
Dried Fruit (raisins, dates, cranberries, etc.)