

Pantry Shopping List

- milk: evaporated, condensed
- maple syrup
- honey
- molasses
- tabasco
- vanilla
- extracts: rum, vanilla, mint
- oil: vegetable, olive
- vinegar: white, cider red wine vinegar, balsamic, rice
- soy sauce
- flour: all purpose, wheat, cake & pastry, bread, semolina
- cornmeal
- baking soda
- baking powder
- cornstarch
- cocoa powder (unsweetened)
- chocolate: chips, bar
- sugar: granulated, brown, confectioners, demerara
- rice: white rice, whole grain, brown, basmati
- Grains: quinoa, couscous
- pasta: standard, whole grain, rice noodles, egg noodles
- bread crumbs: plain or panko
- soup base cubes
- beans: yellow or green peas, navy
- skim milk powder
- graham crumbs
- salt: table, sea, kosher
- pepper: black, white, peppercorn
- crackers
- cookies or biscuits
- tea and coffee
- marshmallows
- popcorn
- dried fruit: raisins, dates, apricots, cranberries, cherries
- seeds: sunflower, flax, chia, hemp
- nuts: peanuts, walnuts, almonds
- butters: peanut, almond, sunflower
- applesauce
- breakfast cereal
- old-fashioned rolled oats
- dried sushi
- cans: soup, tomato, tuna

- allspice, whole and ground
- anise seed
- bay leaves
- cardamom: ground, whole pods
- cayenne pepper
- celery seed
- chili powder
- cinnamon: ground, sticks
- cloves: whole, ground
- coriander
- cream of tartar
- cumin, ground and whole seeds
- curry powder
- dry mustard
- fennel
- five-spice powder
- garam masala
- ginger,
- herbes de Provence
- nutmeg
- oregano
- paprika
- saffron
- sesame seeds
- star anise
- tarragon
- thyme
- turmeric

Other essential items:
