



Kitchen Staples

FOR YOUR
PANTRY, FRIDGE & FREEZER

PANTRY STAPLES

- Dried (or canned) Beans
- Pinto Beans
- Kidney Beans
- Black Beans
- Rice
- Taco Shells
- Tortillas
- Tortillas Chips
- Salsa
- Spaghetti
- Lasagna
- Penne
- Tomato Sauce
- Tomato Paste
- Crushed Tomatoes
- Pizza Sauce
- Tuna
- Pumpkin
- Raw Nuts
- Flour
- Baking Soda
- Baking Powder
- Oats
- Cocoa Powder
- Chocolate Chips
- Raw or White Sugar
- Brown Sugar
- Powdered Sugar
- Raw Honey
- Maple Syrup
- Granola
- Organic Cereal
- Potatoes
- Sweet Potatoes
- Onions
- Garlic
- Popcorn (old fashioned)
- Stocks: *Beef, Chicken, Veggie*
- Oils: *Olive, Avocado, Coconut, Sesame*
- Vinegars: *Apple Cider, Red Wine, Balsamic*

FRIDGE STAPLES

- Butter
- Bacon Grease
- Ketchup
- Mustard
- Mayonnaise
- Worcestershire Sauce
- BBQ Sauce
- Tamari Sauce
- Fresh Fruit
- Lemons
- Limes
- Fresh Veggies
- Eggs
- Cheese: Cheddar, String, Parmesan, Feta
- Lunch Meat
- Yogurt
- Hummus
- Pickles
- Olives
- Pepperoni

FREEZER STAPLES

- Shrimp
- Wild Caught Alaska Salmon
- Ground Beef
- Beef Roasts
- Beef Soup Bones
- Whole Chicken
- Chicken cuts
- Bacon
- Ground Sausage
- Ham Steak
- Ham Roast
- Frozen Fruit
- Frozen Veggies
- Fresh Ginger

SPICES

- Unprocessed Salt
- Whole Peppercorns
- Ground Pepper
- Oregano
- Thyme
- Rosemary
- Marjoram
- Basil
- Garlic Salt
- Onion Salt
- Paprika
- Cumin
- Chili Powder
- Dill
- Alum
- Bay Leaves
- Cinnamon
- Turmeric