

# Pantry staples list

## GRAINS

Pasta

Rice

Bread

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## PROTEIN

Canned Tuna, salmon, chicken

Quinoa

Beans/Legumes

Nuts (Almonds, pine nuts, cashew, etc)

Seeds (Flax, sunflower, pumpkin, etc)

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## FATS

Olive oil

Avocado oil

Nuts/Seeds Butter

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## BAKING

Flour

Baking soda

Baking powder

Arrowroot powder (cornstarch)

Fast-acting yeast

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## SPICES/CONDIMENTS

Balsamic Vinegar

Rice Vinegar

Dijon

Mayo

Chili sauce/Ketchup

Coconut Amino

Spices

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## OTHERS

Spaghetti Sauce

Diced tomatoes

Chicken or Veggie broth

Soups

Fast-acting yeast

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