

# GROCERY LIST

for a well-stocked pantry

## Herbs & Spices

- All Spice
- Bay Leaves
- Chili Powder
- Coconut Flakes
- Cream of Tartar
- Curry Powder
- Dried Rosemary
- Flaky Red Pepper
- Garlic Powder
- Ground Cinnamon
- Ground Cloves
- Ground Coriander
- Ground Cumin
- Ground Ginger
- Mint (dried)
- Mustard Seeds
- Nutmeg
- Onion powder
- Oregano (dried)
- Paprika
- Peppercorns
- Salt (Kosher & Sea Salt)
- Turmeric
- Vanilla Extract

## Dried Goods

- Almonds
- Beans (kidney, black, pinto, etc.)
- Cashews
- Cereal
- Dates
- Dried Fruit
- Figs
- Hazelnuts
- Oatmeal
- Peanuts
- Pecan
- Pine Nuts
- Raisins
- Sun-dried Tomatoes

## Drinks

- Black Tea
- Coffee
- Drinking Water (or water filters)
- Herbal Tea

## Baking Supplies

- Active Yeast
- All-purpose flour
- Almond Flour
- Arrowroot Starch
- Baker's Chocolate
- Baking Powder
- Baking Soda
- Chocolate Chips
- Cocoa Powder
- Coconut Sugar
- Corn Starch
- Cornmeal
- Honey
- Instant Yeast
- Whole Wheat Flour

## Pasta & Grains

- Dried pasta
- Bulgur
- Pasta (Spaghetti, penne, lasagna, etc.)
- Lentils (Red & Green)
- Noodle
- Popcorn
- Rice (Basmati, white, brown, wild, etc.)

## Condiments & Oils

- Apple Cider Vinegar
- Avocado Oil
- Balsamic Vinegar
- Coconut Oil
- Dijon Mustard
- Grapeseed Oil
- Hot Sauce
- Jam
- Ketchup
- Maple Syrup
- Mayonnaise
- Molasses
- Olive Oil
- Peanut Butter
- Red Curry Paste
- Rice Vinegar
- Soy Sauce
- Tahini (aka Sesame paste)
- White Miso Paste
- White Vinegar
- Wine Vinegar
- Worcestershire Sauce

## Seeds

- Chia Seeds
- Fennel Seeds
- Flax Seeds
- Hemp Seeds
- Pumpkin Seeds
- Quinoa
- Sesame Seeds
- Sunflower Seeds

## Canned & Jarred Goods

- Applesauce
- Beans (Chickpeas, Black, etc)
- Beef broth
- Canned fish
- Canned Tomatoes
- Capers
- Chicken stock
- Olives (Green, Black, etc)
- Pumpkin puree
- Soup
- Tomato paste
- Vegetable broth

## Fresh Produce

- Apples
- Avocados
- Bananas
- Carrots
- Celery
- Cucumbers
- Garlic
- Lemons
- Lime
- Onion
- Potatoes
- Peppers (bell, jalapeno, etc.)
- Strawberries

## Freezer

- Chicken
- Frozen Fish
- Frozen Fruit
- Ground Meat (Beef and Turkey)
- Phyllo Dough
- Pizza Dough
- Puff Pastry