

# Pantry Staples Checklist

## Pantry Shelf

### SAUCES/SPREADS

- Honey
- Maple Syrup
- Mild-Flavored Molasses
- Light Corn Syrup
- Soy sauce
- Peanut Butter
- Apricot Jam
- Worcestershire Sauce
- Hot Sauce

### OILS/VINEGAR

- Solid Vegetable
- Shortening
- Vegetable Oil
- Olive Oil
- Oriental Sesame Oil
- Distilled White Vinegar
- Red Wine Vinegar
- White Wine Vinegar
- Rice Vinegar

### CANNED/JARRED

- Canned Tomatoes
- Tomato Paste
- Tomato Sauce
- Tuna
- Anchovy Fillets
- Canned Green Chilies
- Canned and
- Marinated Artichoke
- Hearts
- Canned Kidney Beans
- Canned Black Beans
- Canned Cannellini
- Beans
- Canned Garbonzo
- Beans
- Canned Pinto Beans
- Calamata Olives
- Pimento Stuffed
- Green Olives
- Black Olives
- Roasted Red Peppers
- Canned Broth:
  - Vegetable, Chicken,
- Beef
- Canned Unsweetened

### GRAINS/PASTA

- Long-Grain White Rice
- Short-Grain White Rice
- Brown Rice
- Couscous
- Lentils
- Pasta- Your favorite shapes

### BAKING

- Granulated Sugar
- Brown Sugar
- Powdered Sugar
- Baking Powder
- Baking Soda
- All-Purpose Flour
- Cornstarch
- Yellow Cornmeal
- Rolled Oats
- Semisweet Chocolate
- Chips
- Unsweetened Cocoa
- Raisins And Other Dried Fruit

### LIQUOR CABINET

- Dry Red And White Wine
- Dry Sherry
- Brandy
- Rum
- Fruit Flavored Liqueur

### PRODUCE BIN

- Garlic
- Red Onions
- Yellow Onions
- Shallots
- Russet Potatoes

## Refrigerator

### DAIRY

- Milk
- Whipping Cream
- Sour Cream
- Plain Yogurt
- Butter
- Parmesan Cheese
- Cheddar Cheese
- Feta Cheese
- Blue Cheese
- Cheddar Jack Cheese
- Ricotta Cheese
- Eggs

### PRODUCE

- Lemons And Limes
- Oranges
- Salad Greens
- Bell Peppers
- Carrots
- Celery
- Green Onions
- Parsley
- Thin-Skinned Potatoes
- Fresh Ginger
- Almonds
- Walnuts
- Cashews
- Pecans
- Pine Nuts

### CONDIMENTS

- Mayonnaise
- Ketchup
- Dijon Mustard
- Mustard
- Salsa
- Hoisin Sauce
- Dill Pickles
- Capers
- Horseradish
- BBQ Sauce
- Salad Dressings- Your Favorites
- Ranch

### FREEZER

- Ice Cream
- Frozen Yogurt
- Raspberries
- Blueberries
- Cranberries
- Orange Juice Concentrate
- Peas
- Corn
- Spinach
- Bread
- Bread Crumbs
- Flour Tortillas
- Corn Tortillas

## Spice & Herb Shelf

- Salt
- Pepper
- Allspice
- Dried Basil
- Bay Leaves
- Chili Powder
- Cinnamon
- Cloves
- Red Pepper Flakes
- Cumin
- Curry Powder
- Dill Weed
- Ginger
- Cayenne Pepper
- Marjoram
- Dried Mustard
- Mustard Seeds
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Sage
- Sesame Seeds
- Tarragon
- Thyme
- Vanilla And Almond Extract

# LET'S WIN THE DAY PLANNER

TODAY:

M T W T F S S

GOALS: ★ \_\_\_\_\_ ★ \_\_\_\_\_ ★ \_\_\_\_\_

## MORNING:

## AFTERNOON:

## EVENING:

## TO-DO

## SHOPPING LIST

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WATER:

### BREAKFAST:

### LUNCH:

### DINNER:

### NOTES: