

# PANTRY ESSENTIALS

## Dry Goods

- Plain flour
- Rice
- Sugar
- Oats
- Quinoa
- Breadcrumbs
- Pasta
- Cocoa
- Baking Powder
- Cornstarch

## Canned Goods

- Tinned Tomatoes
- Tomato Puree
- Chickpeas
- Blackbeans
- Lentils
- Tuna
- Anchovies

## Essentials

- Cashews
- Walnuts
- Chia seeds
- Flax
- Popcorn
- Sunflower seeds
- Sesame seeds
- Peanut butter
- Honey
- Chocolate chips

## Oils & Vinegars

- Vegetable Oil
- Olive Oil
- Coconut Oil
- Balsamic Vinegar
- Teryaki Sauce

## Seasoning & Spices

- Sea salt
- Peppercorns
- Garlic granules
- Paprika
- Cumin
- Tumeric
- Curry Powder
- Cinnamon
- Oregano

## Drinks

- Black tea
- Coffee
- Herbal Tea