

Stocking the Pantry

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Pantry Supplies

- Pasta (varying shapes)
- Pasta Sauce
- Dried Beans and Peas
- Canned Beans
- Canned Vegetables
- Canned Fruit
- Canned Tomatoes
- Canned Tomato Sauce
- Canned Tomato Paste
- Broth: Chicken, Veg., Beef
- Canned Chicken, Salmon, Tuna
- Rice (Brown and White)
- Quinoa
- Lentils
- Oats
- Coconut Milk
- Enchilada Sauce
- Salsa
- Condiments, Sauces & Dressing
- Oils and Vinegars
- Nut Butters (peanut, almond)
- Olive, Pickles
- Fruit Preserves
- Protein Bars / Energy Bars
- Cereals
- Popcorn Kernels
- Boxed Mac & Cheese
- Bread
- Tortillas
- Pizza Sauce

Baking

- Flour (AP, etc.)
- Sugar- brown, white, powdered
- Baking Soda
- Baking Powder
- Cornmeal
- Evaporated Milk
- Extracts (vanilla, almond, etc.)
- Honey
- Maple Syrup
- Molasses
- Nuts

- Yeast
- Chocolate Chips
- Dried Fruit

Dairy

- Butter
- Eggs
- Cheese (cheddar, Parmesan)
- Yogurts
- Milks

Freezer Meat

- Sausages
- Ground Turkey
- Ground Beef
- Chicken Breasts & Thighs
- Cooked Chicken, Shredded
- Bacon
- Vacuum Packed Seafood

Freezer

- Pizza Dough
- Berries
- Bananas (peeled and quartered)
- Frozen Broccoli
- Frozen Carrots
- Frozen Corn
- Frozen Peas
- Frozen Corn and Peas Mix
- Greens: Spinach, Kale, etc.
- Homemade Sauces, Broths

Refrigerator

- Onions/ Shallots
- Garlic
- Potatoes
- Carrots
- Celery
- Avocados
- Cherry Tomatoes