**pantry essentials**

Keep your kitchen stocked for quick and easy meal planning with this basic pantry list.

### must-have
- Olive oil
- Canola or other neutral oil
- Salt
- Cracked black pepper
- Granulated sugar
- Brown sugar
- All-purpose flour
- Baking powder
- Vanilla
- Butter
- Eggs
- Onions
- Garlic cloves

### good-to-have
- Ramen noodles or egg noodles
- Chicken broth *(reduced-sodium)*
- Marinara sauce
- Chunky salsa
- Ketchup
- Pasta *(spaghetti, penne, small shells)*
- Couscous
- Rice
- Oats
- Potatoes
- Beans *(white, garbanzo, kidney, pinto, black; canned or dried)*
- Tuna
- Balsamic, red wine, or cider vinegar
- Coconut milk
- Shredded unsweetened coconut
- Raisins *(or other dried fruit: cherries, cranberries, apricots)*
- Cocoa powder
- Cornstarch
- Whole wheat flour
- Cornmeal
- Yeast
- Tomato paste
- Diced tomatoes
- Fine dry bread crumbs or panko

### freezer faves
- Boneless, skinless chicken breasts
- Ground turkey
- Ground beef
- Italian sausage
- Shrimp
- Peas
- Vegetable blends *(or other frozen vegetables: peppers or broccoli)*
- Corn
- Whole wheat sandwich bread
- Baguette, rolls, and/or pita bread
- Frozen berries
- Frozen spinach
- Peanuts, almonds, pecans, and/or walnuts

### fridge faves
- Shredded Italian cheese blend
- Shredded Mexican cheese blend
- Feta cheese
- Grated Parmesan cheese
- Plain low-fat yogurt
- Low-fat milk
- Cream cheese
- Bacon
- Carrots
- Salad greens
- Mushrooms
- Sweet peppers
- Celery
- Lemons
- Olives *(Kalamata or other Greek olives have more flavor than black.)*
- Premade pizza dough
- Tortillas
- Dijon mustard
- Peanut butter
- Soy sauce

### spices
- Cayenne pepper
- Chili powder
- Ground cinnamon
- Ground cloves
- Ground cumin
- Curry powder
- Ground ginger
- Dried oregano
- Crushed red pepper
- Dried thyme

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