Pantry Essentials

INVENTORY DATE



CANNED & BOTTLED ITEMS	•
Black Beans	
Chicken Broth	
Chickpeas	
Chipotle in Adobo	
Fruit Jam/Jelly	
Pasta Sauce	
Pizza Sauce	
Plum Tomatoes	
Roasted Red Peppers	
Soups	
Tomato Paste	
Tuna Fish	
VINEGAR	•
Apple Cider Vinegar	
Balsamic Vinegar	

Red Wine Vinegar

Sherry Vinegar

White Vinegar

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DRIED PASTA	•
Angel Hair Pasta	
Couscous	
Elbow Macaroni	
Fettuccine	
Lasagna	
Orzo	
Penne	
Rigatoni	
Spaghetti	

DRINKS	•
Coffee	
Soda	
Теа	
Water	

STORAGE AIDS	
Aluminum Foil	
Plastic Bags	
Plastic Wrap	

GRAINS/RICE/DRIED BEANS	
Arborio Rice	
Basmati Rice	
Black Beans	
Black-eyed Peas	
Breadcrumbs	
Bulgur	
Cannellini Beans	
Chickpeas	
Farro	
Lentils	
Panko Breadcrumbs	
Pinto Beans	
Polenta	
Quinoa	
Rice Noodles	
Stone-Ground Cornmeal	

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HERBS & SPICES	•	Н
Basil		Ρ
Bay Leaves		Ρ
Black Peppercorns		R
Cajun Seasoning		R
Cayenne Pepper		S
Celery Salt		S
Chili Powder		Т
Crushed Red Pepper		Ν
Curry Powder		А
Dill		С
Fennel		D
Garlic Powder		D
Ground Cinnamon		Н
Ground Cloves		Ρ
Ground Cumin		Ρ
Ground Ginger		R
Nutmeg		S
Onion Powder		S
Oregano		W



Walnuts

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OILS	•
Canola Oil	
Coconut Oil	
Cooking Spray	
Corn Oil	
Extra-Virgin Olive Oil	
Grapeseed Oil	
Peanut Oil	
Sesame Oil	
PACKAGED GOODS	•
Brownie Mix	
Cake Mix	
Granola Bars	
Hot Chocolate Mix	
Macaroni and Cheese	
Microwave Popcorn	
Muffin Mix	
Pancake Mix	
Taco Shells	

SAUCES & CONDIMENTS	
Alfredo Sauce	
Asian Fish Sauce	
Barbecue Sauce	
Dijon Mustard	
Ketchup	
Marinades	
Mayonnaise	
Mustard (Whole Grain, Yellow)	
Pickles	
Salad Dressing	
Salsa	
Soy Sauce	
Spaghetti Sauce	
Sriracha	
Steak Sauce	
Tabasco Sauce	
Teriyaki Sauce	
Worcestershire Sauce	



Pantry Essentials

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INVENTORY DATE

SNACKS & CEREALS	•	PERSONAL ADD-ONS	•
Applesauce			
Breakfast Cereal			
Cookies			
Crackers			
Instant Oatmeal			
Marshmallows			
Old-Fashioned Rolled Oats			
Peanut or Almont Butter			
Popcorn Kernels			
Potato Chips			
Pretzels			
Tortilla Chips			