PANTRY ESSENTIALS

Mommanmanila

OILS

- ○ Canola Oil
- ○ Olive Oil
- ○ Coconut Oil
- ○ _____
- ○ _____

**One high heat oil (canola)*
**One for nomal cooking (canola, olive)*

BAKING NEEDS

- ○ Flour
- ○ White Sugar
- ○ Brown Sugar
- ○ Powdered Sugar
- ○ Baking Soda
- ○ Baking Powder
- ○ Cocoa Powder
- ○ Cornstarch
- ○ Chocolate Chips
- ○ Evaporated Milk
- ○ Sweetened Condensed Milk
- ○ Vanilla Extract
- ○ Instant Dry Yeast
- ○ Shortening
- ○ Food Coloring
- ○ Almonds
- ○ Walnuts
- ○ Pistachios
- ○ _____
- ○ _____

**Snack on almonds, walnuts & pistachios or add them to salad.*
**Encrust a protein in crushed nuts for texture & paste*

DRIEF HERBS & SPICES

- ○ Allspice
- ○ Cayenne Pepper
- ○ Chili Powder
- ○ Cinnamon (ground and sticks)
- ○ Cloves
- ○ Cumin
- ○ Curry Powder
- ○ Garlic Powder
- ○ Onion Powder
- ○ Ground Ginger
- ○ Nutmeg
- ○ Paprika
- ○ Peppercorns
- ○ Turmeric
- ○ Basil
- ○ Bay Leaves
- ○ Oregano
- ○ Italian Seasoning
- ○ Red Pepper Flakes
- ○ Rosemary
- ○ Sesame Seeds
- ○ Thyme
- ○ _____
- ○ _____

**Start with no more than 10 and experiment until you are more familiar.*
**Add to roasted veggies, soups, vinagrettes, and really anything*
**For herbs, just add olive oil for an herb sauce to spoon over protein.*

GRAINS

- ○ Rice
- ○ Pasta
- ○ Quinoa
- ○ Barley
- ○ _____
- ○ _____

**Keep a mix of whole grains and add veggies for a quick healthy grain bowl.*

VINEGARS

- ○ White Vinegar
- ○ Balsamic Vinegar
- ○ Red Wine Vinegar
- ○ White Wine Vinegar
- ○ Rice Wine Vinegar
- ○ _____
- ○ _____

**Add oil and condiments for vinaigrettes. Use in salads, sauces and marinades*

SPREADS

- ○ Lady's Choice Mayonnaise
- ○ Cheese Spread
- ○ Fruit Jams
- ○ _____
- ○ _____

**Mix Lady's Choice mayo with other essentials for quick dips.*
**Fruit jams can be great on top of yogurt or ice cream.*

SALTS

- ○ Kosher Salt
- ○ Table Salt
- ○ Rock Salt
- ○ _____
- ○ _____

**Kosher Salt for everyday seasoning and cooking*
**Table salt for baking because it dissolves easier*

SWEETENERS

- ○ Honey
- ○ Agave
- ○ Syrups
- ○ _____
- ○ _____

**Stock up on your choice of sugars, nectars, syrups, or no-cal alternatives.*

SEASONINGS

- ○ Mustard
- ○ Ketchup
- ○ Soy Sauce
- ○ Fish Sauce
- ○ BBQ Sauce
- ○ Bagoong
- ○ Oyster Sauce
- ○ Thai Curry Paste
- ○ _____
- ○ _____

**Use these as bases for marinades to add flavor to just about anything!*

CANNED & DRY GOODS

- ○ Broth (Chicken and Beef)
- ○ Canned Fruit
- ○ Marinara Sauce
- ○ Bread Crumbs or Panko
- ○ Cereal
- ○ Dry Beans (lentils, kidney, black, etc)
- ○ Canned Vegetables (corn, mushrooms, etc.)
- ○ Canned Beans (navy, white, black, garbanzo)
- ○ Canned Tomatoes
- ○ Soups (to cook & ready to eat)
- ○ Bouillon (cubes or powder- chicken and beef)
- ○ _____
- ○ _____

**Legumes, tomatoes, olives, artichoke hearts, peppers, beans, and stock makes an easy veggie chili*
**Artichoke hearts + tomatoes +cheese on dough =pizza*

ROOT CROPS

- ○ Potatoes
- ○ Onions
- ○ Garlic
- ○ Ginger
- ○ Kamote
- ○ _____
- ○ _____

**Just about all dishes start with onion, garlic, or shallots.*
**Keep in a cool dark place separated from the potatoes.*

SNACKS

- ○ Chips
- ○ Cookies
- ○ Crackers
- ○ Dried Fruit
- ○ Peanut Butter
- ○ Popcorn
- ○ Pretzels
- ○ Tortillas
- ○ _____
- ○ _____

BEVERAGES

- ○ Coffee
- ○ Tea
- ○ Boxed Juices
- ○ Wine (Red and White)
- ○ _____
- ○ _____

OTHERS

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____