

Pantry staples grocery list



Baking Goods

- ◯ Baking powder
- ◯ Dried yeast
- ◯ Plain flour
- ◯ Suet
- ◯ Sugar

Pasta

- ◯ Fusili
- ◯ Lasagne sheets
- ◯ Penne
- ◯ Spaghetti

Dried Herbs & Spices

- ◯ Basil
- ◯ Bay leaves
- ◯ Chili powder
- ◯ Cinnamon
- ◯ Curry powder
- ◯ Dried chili flakes
- ◯ Oregano
- ◯ Parsley
- ◯ Thyme

Jars, Cartons, & Condiments*

- ◯ Almond milk
- ◯ Capers
- ◯ Hot sauce
- ◯ Jam
- ◯ Marmalade
- ◯ Mustard
- ◯ Olives
- ◯ Pickles
- ◯ Rice milk
- ◯ Soy milk
- ◯ Tabasco
- ◯ UHT juice
- ◯ UHT milk
- ◯ Worcestershire sauce

Grains

- ◯ Buckwheat
- ◯ Bulgar wheat
- ◯ Couscous
- ◯ Pearl barley
- ◯ Rice

Oil & Fat

- ◯ Linseed/flaxseed oil
- ◯ Olive oil
- ◯ Rapeseed oil
- ◯ Salted butter
- ◯ Sunflower oil
- ◯ Vegetable oil

Canned Goods*

- ◯ Artichokes
- ◯ Baked beans
- ◯ Black beans
- ◯ Black-eyed peas
- ◯ Boiled potatoes
- ◯ Carrots
- ◯ Chickpeas
- ◯ Coconut milk
- ◯ Condensed milk
- ◯ Fruit cocktail
- ◯ Full meals
- ◯ Peas
- ◯ Pineapple slices
- ◯ Red kidney beans
- ◯ Rice pudding
- ◯ Soup
- ◯ White beans

Fruit, Vegetables, & Produce

- ◯ Avocados**
- ◯ Bananas**
- ◯ Nuts
- ◯ Onions
- ◯ Pears**
- ◯ Potatoes
- ◯ Tomatoes

Listonic

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