

# PANTRY ESSENTIALS

Strive to keep at least a few items from these 15 categories on hand at all times.



1. Canned and dried beans (e.g., cannellini, kidney, garbanzo, black, refried, lentils)



6. Jarred roasted red peppers



12. Toppings (e.g., capers, olives, raisins, sun-dried tomatoes, unsweetened shredded coconut)



2. Canned oily fish (e.g., sardines, anchovies, mackerel, salmon, kippers)



7. Meat, poultry and vegetable broth



13. Dried herbs and spices, dried mushrooms



8. Unsweetened coconut milk



3. Canned tomatoes and tomato paste



9. Nuts and seeds (e.g., almonds, pine nuts, pumpkin seeds), plus nut butters and seed pastes (e.g., almond butter, tahini)



14. Fats and oils (butter, ghee, extra-virgin olive oil, coconut oil) and vinegars (e.g., red-wine, balsamic, brown-rice, apple-cider)



4. Gluten-free grains (whole-kernel grains like quinoa, brown rice and millet), plus quinoa flakes, corn meal and steel-cut oats



10. Jarred Indian simmer sauces, Thai curry pastes, salsas and adobo sauce



15. Pantry produce (e.g., onions, potatoes, garlic, lemons, limes) and long-lasting refrigerated veggies (e.g., celery, ginger, carrots)



5. Tofu



11. Honey