



Building a Pantry / Kitchen Staples Shopping List

Baking

- _____ Baking Powder
- _____ Baking Soda
- _____ Cocoa Powder
- _____ Cornmeal
- _____ Flour
- _____ Vanilla Extract

Canned

- _____ Canned Vegetables
- _____ Chicken Broth
- _____ Cream of Whatever Soup
- _____ Tomatoes
- _____ Yummy Stuff

Condiments

- _____ Hot Sauce
- _____ Ketchup
- _____ Mayo
- _____ Mustard
- _____ Salsa
- _____ Soy Sauce
- _____ Worcestershire

Dairy

- _____ Butter
- _____ Cheese
- _____ Eggs
- _____ Milk

Fresh

- _____ Cabbage
- _____ Carrots
- _____ Onions
- _____ Potatoes
- _____ Veggies & Fruit

Frozen

- _____ Protein
- _____ Veggies & Fruit

Protein

- _____ Chicken
- _____ Beef
- _____ Pork
- _____ Fish

Extras

- _____
- _____
- _____
- _____

Pantry

- _____ Bacon Grease
- _____ Oils
- _____ Bread
- _____ Dried Beans
- _____ Oatmeal
- _____ Pasta
- _____ Rice
- _____ Sugar
- _____ Tortillas
- _____ Vinegar

Spices

- _____ Bay Leaves
- _____ Chili Powder
- _____ Cinnamon
- _____ Crushed Red Pepper
- _____ Cumin
- _____ Garlic
- _____ Garlic Powder
- _____ Italian Seasoning
- _____ Lemon Pepper
- _____ Onion Powder
- _____ Paprika
- _____ Pepper
- _____ Rosemary
- _____ Salt
- _____ Seasoning Blend