



STORE CUPBOARD ESSENTIALS

- Whole grain mustard
 - Extra virgin olive oil
 - Sesame oil
 - White wine vinegar
 - Bread flour
 - Whole wheat flour
 - Baking powder
 - Dried yeast
 - Superfine sugar
 - Brown sugar
 - Confectioner's sugar
 - Unsweetened cocoa powder
 - Chow mein noodles
 - Canned cannellini beans
 - Canned kidney beans
 - Canned tuna
 - Canned coconut milk
 - Anchovies
 - Quick-cook couscous
 - Basmati rice
 - Brown rice
 - Oatmeal
 - Honey
 - Maple syrup
 - Almonds/hazelnuts or mixed nuts
 - Mixed seeds
 - Chicken, vegetable & beef broth stock cubes
 - Jarred pesto
 - Ketchup
 - Tabasco sauce
 - Mayonnaise
 - Dijon mustard
 - Olive oil
 - Canola oil
 - Red wine vinegar
 - Balsamic vinegar
 - All-purpose flour
 - Cornstarch
 - Dried pasta
 - Canned garbanzo beans
 - Canned tomatoes
 - Baking powder
 - Soy sauce
 - Worcestershire sauce
 - Plain crackers – unsalted saltines
- SPICES**
- Ground cinnamon
 - Chile powder
 - Dried Oregano
 - Ground cumin
 - Ground coriander
 - Curry powder
 - Smoked paprika
 - Five spice powder
 - Sea salt
 - Black peppercorns
- FROZEN STUFF**
- Peas
 - Sugar snap peas
 - Green beans
 - Sweet corn
 - Fruits
 - Raw shrimp