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