

My Shopping List

Week 1	My Perfect Pantry
The Needs	
Spices & Seasonings	Produce
Kosher salt	Lemons and limes
Whole black peppercorns	2 whole heads of garlic
Granulated sugar	2 Yellow Onions
All-purpose flour	Sweet potatoes or Russet Potatoes
Extra virgin olive oil	Seasonal Fruit
canola oil or vegetable oil	
White vinegar or apple cider vinegar	
Dry Goods	
Dry Goods	Meat/Fish/Poultry
Long grain white rice	1 Dozen Eggs
Baking soda	
Baking powder	
Plain Rolled oats	
Spaghetti Noodles	
Dairy	
Dairy	Other
Your favorite type of milk	Sliced whole wheat bread
Unsalted butter	
Plain Vanilla yogurt (unsweetned)	
Nice to Haves	
Spices & Seasonings	Produce
Brown sugar	Fresh thyme
Paprika (Smoked or regular)	Fresh cilantro
Ground cinnamon	Fresh basil
Ground cayenne or red pepper flakes	Fresh oregano
Garlic powder	Fresh Italian or flat leaf parsley
Onion powder	Scallions
Italian seasoning	Curly Kale or Spinach
Vanila extract	Bell Peppers
Cocoa powder	
Dry Goods	
Dry Goods	Meat/Fish/Poultry
Dried fruit	1 rotisserie chicken
Nuts	Bacon
Tortillas	
Garbanzo beans (dried or canned)	

Coarse ground cornmeal	
Panko Bread crumbs	
Dairy	Other
Heavy cream	Honey or Maple syrup
Block of parmigianno reggiano	Mayonaise
Block Jack cheese (Monteray or Colby)	Mustard (yellow or dijon)
	Chicken stock
	Tomato paste
	Canned tomatoes (peeled)
	Soy sauce
	Worchestershire sauce