



The Practical Pantry Planner



Here are our suggestions for building a well-stocked, useful pantry. Of course, if you don't like or don't use something, don't buy it, and feel free to substitute other similar items that your family enjoys.

These are guidelines, not rules!

Staple Starches

- Pasta (whole wheat or white)
- Egg noodles
- Rice (any variety)
- Oatmeal
- Flour
- Cornmeal
- Cornstarch
- Potato flakes
- Barley
- Breadcrumbs

Pantry Proteins

- Canned Tuna
- Dried beans
- Canned beans
- Dried or canned lentils
- Canned chicken
- Peanut butter
- Nuts

Shelf-stable Produce/ Root Cellar

- Canned tomatoes or tomato sauces
- Canned or jarred vegetables
- Canned or jarred fruit, applesauce
- Dried and freeze-dried fruits and vegetables
- Onions
- Garlic
- Potatoes/sweet potatoes

Baking Basics

- Granulated sugar
- Brown sugar
- Powdered sugar
- Honey
- Maple syrup
- Molasses
- Baking powder and soda
- Cocoa powder
- Chocolate chips

Oils and Vinegars

- Olive oil
- Canola oil or vegetable oil
- Apple cider vinegar
- Red wine vinegar
- Balsamic vinegar



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Flavor Enhancers

- Coconut milk
- Broth
- Bouillon
- Salsa
- Mustard
- Ketchup
- Mayonnaise
- Barbecue Sauce

Frozen Foods

- Fruits
- Vegetables
- Fish and seafood
- Chicken pieces
- French fries
- Sweet potato fries
- Waffles
- Pancakes

Quick and Convenient Meal Builders

- Mac and cheese
- Ramen noodles
- Rice pilaf
- Frozen potstickers
- Frozen fish sticks
- Frozen chicken tenders
- Heat and eat meal items

Seasoning Superstars

- Salt and pepper
- Dried herbs
- Garlic powder
- Seasoning salt
- Curry powder
- Lemon pepper
- Adobo seasoning
- Sazon
- Poultry seasoning
- Italian seasoning
- Dried chili flakes
- Dried ginger
- Coriander
- Cinnamon
- Paprika (sweet or smoked)
- Soy sauce
- Worcestershire
- Taco seasoning
- Cumin
- Chili powder
- Nutmeg

*Use this space
for other
items you
may like!*



The Polished Pantry Planner



If you have a bit more of a budget and/or more adventurous flavor preferences, you can build a pantry over time using our Practical Planner suggestions, PLUS...

Staple Starches

- Quinoa
- Polenta
- Gnocchi
- Bulgur
- Farro
- Rice noodles
- Udon noodles
- Panko

Pantry Proteins

- Canned Salmon
- Canned mackerel
- Sardines
- Almond, cashew, or hazelnut butter
- Sunflower butter
- Granola butter
- Sunflower and pumpkin seeds

Oils and Vinegars

- Coconut oil
- Sesame oil
- Avocado oil
- Rice vinegar
- Champagne vinegar

Baking Basics

- Caramel or peanut butter chips
- Almond flour
- Coconut flour
- Vanilla beans or extract
- Other extracts (citrus, peppermint, almond)
- Candied ginger or citrus peel

Root Cellar

- Shallots



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Flavor Enhancers

- Capers
- Olives
- Chili Crisp
- Fish sauce
- Miso

- Sriracha
- Hoisin
- Oyster Sauce
- Gochujang
- Dashi powder

Seasoning Superstars

- Garam masala
- Turmeric
- Aleppo pepper
- Cardamom
- Allspice
- Five spice powder
- Berbere

- Flaky salt
- Furikake
- Mustard powder
- Sumac
- Saffron
- Other dried herb
and spice blends
you enjoy

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