



Pantry Starter Guide

Keep these staples on hand to make dozens of simple meals without needing a special grocery trip.

Grains & Starches

- Rice
- Pasta
- Flour
- Bread
- Oats
- Potatoes

Proteins

- Eggs
- Canned tuna or chicken
- Dry or canned beans
- Peanut butter

Canned & Jarred

- Tomatoes
- Broth or stock
- Sauces (soy, hot, pasta)

Spices & Seasonings

- Salt
- Pepper
- Garlic powder
- Paprika
- Chili flakes
- Dried herbs

Oils & Condiments

- Olive oil
- Vegetable oil
- Vinegar
- Mustard

Refrigerated

- Butter•
- Milk or plant-based alternative
- Fresh vegetables

Pro Tip: Keep your pantry organized by grouping similar items — you'll cook faster and waste less.