

OILS, VINEGARS, SAUCES

- Extra Virgin Olive Oil
- Coconut Oil
- Frank's Hot Sauce
- Soy Sauce
- Olive Oil
- Apple Cider Vinegar
- Balsamic Vinegar
- White Vinegar
- Red Wine Vinegar
- Worcestershire
- Vegetable Oil

CANNED & DRY GOODS

- Beans
- Tomatoes
- Tuna
- Pasta
- Rice
- Chicken Stock
- Beef Broth
- Vegetable Broth
- Tomato Sauce
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DAIRY & EGGS

- Butter Quarters
- Cheese
- Milk
- Yogurt
- Eggs
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COOKING & BAKING

- All Purpose Flour
- Baking Powder
- Baking Soda
- Brown Sugar
- Sugar
- Corn Starch
- Cocoa Powder
- Maple Syrup
- Vanilla
- Cinnamon

FOR FRIDGE DOOR

- Dijion Mustard
- Ketchup
- Mayonnaise
- Salad Dressing
- Relish

VEGETABLES

- Onions
- Potatoes
- Carrots
- Lettuce
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SPICES & HERBS

- Sea Salt/ Pepper
- Fresh Garlic
- Basil
- Oregano
- Thyme
- Marjoram
- Tarragon
- Parsley
- Bay Leaves
- Ground Mustard
- Chili Powder
- Nutmeg
- Cumin
- Dill

# Must Have

## Pantry Items

*to make meals from*