Pantry Staples Checklist

Tick what you have · circle what to restock

Grains

- ☐ Rice
- ☐ oats
- ☐ bread
- ☐ pasta
- ☐ tortillas
- ☐ crackers

Canned

- ☐ Tomatoes
- ☐ tuna
- ☐ coconut milk
- ☐ beans
- ☐ chicken
- ☐ chickpeas
- ☐ corn

Dry

- ☐ Lentils
- ☐ flour
- ☐ baking powder
- ☐ dried beans
- ☐ sugar

Freezer

- ☐ Mixed vegetables
- ☐ stir-fry vegetables
- ☐ chicken
- ☐ broccoli
- ☐ meatballs
- ☐ berries

Flavor

- ☐ Garlic
- ☐ hot sauce
- ☐ butter
- ☐ onion
- ☐ dried herbs
- ☐ broth
- ☐ soy sauce
- ☐ spices
- ☐ vinegar
- ☐ oil

25 Pantry Meals

Stick this inside a cupboard door

- ☐ 1. Garlic Butter Spaghetti
- ☐ 2. One-Pot Tomato Pasta
- ☐ 3. Vegetable Fried Rice
- ☐ 4. Macaroni with Tomatoes and Cheese
- ☐ 5. Spaghetti with Marinara
- ☐ 6. Brothy Rice with Onion and Garlic
- ☐ 7. Black Bean Tacos
- ☐ 8. Red Lentil Curry
- ☐ 9. White Beans with Tomatoes and Garlic
- ☐ 10. Chickpea Rice Bowl
- ☐ 11. Bean and Corn Quesadillas
- ☐ 12. Creamy Tomato Soup
- ☐ 13. Potato Soup
- ☐ 14. Chicken Noodle Soup
- ☐ 15. Minestrone with Beans and Pasta
- ☐ 16. Corn Chowder
- ☐ 17. Eggs in Tomato Sauce
- ☐ 18. Cheese Omelet with Toast
- ☐ 19. Pancakes with Syrup and Canned Fruit
- ☐ 20. French Toast
- ☐ 21. Scrambled Eggs on Toast with Baked Beans
- ☐ 22. Frozen Vegetable Stir-Fry with Rice
- ☐ 23. Frozen Meatballs with Marinara and Pasta
- ☐ 24. Frozen Chicken with Rice and Broth
- ☐ 25. Frozen Broccoli Pasta Bake

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