## Pantry Essentials
### A Well Stocked Pantry List

### Grains, Rice and Pasta
- Spaghetti
- Fettuccini
- Rigatoni
- Penne
- Commel
- Rolled Oats
- Quinoa
- Jasmine (White) Rice
- Arborio Rice
- Wild Rice
- Brown Rice
- Cous Cous
- Barley
- Bread Crumbs
- Panko Bread Crumbs

### Baking Essentials
- All-Purpose Flour
- Whole-Wheat Flour
- Almond Flour
- Baking Soda
- Baking Powder
- Active-Dry Yeast
- Rapid Rise Yeast
- Powdered Sugar
- Vanilla Extract
- Cocoa Powder
- Cream of Tartar
- Instant Espresso Powder
- Chocolate Chips
- Butterscotch Chips
- Honey
- Molasses
- Brown Sugar
- White Sugar
- Powdered Sugar
- Maple Syrup

### Herbs and Spices
- Salt
- Black Pepper
- White Pepper
- Thyme
- Rosemary
- Sage
- Oregano
- Paprika
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Nutmeg
- Basil
- Bay Leaves
- Curry Powder
- Red Pepper Flakes
- Dry Mustard
- Turmeric
- Cumin
- Taco Seasoning
- Italian Seasoning
- Ginger
- Allspice
- Dill
- Coriander
- Parsley
- Sesame Seeds
- Poppy Seeds
- Dry Mustard

### Legumes, Nuts and Seeds
- Peanuts
- Walnuts
- Pecans
- Cashews
- Almonds
- Hemp Seeds
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds
- Flax Seeds
- Pinto Beans
- Black Beans
- Cannellini Beans
- Kidney Beans
- Adzuki Beans
- Garbanzo Beans
- Lentils
- Green Split Peas

### Canned and Jarred Goods
- Tomato Sauce
- Crushed Tomatoes
- Strained Tomatoes
- Diced Tomatoes
- Tomato Paste
- Green Chilies
- Chicken Broth
- Vegetable Broth
- Beef Broth
- Tahini
- Red Curry Paste
- Tamarind Concentrate
- Olives (Black and Green)
- Peanut Butter
- Salsa
- Capers

### Oils, Sauces and Vinegars
- Olive Oil
- Extra Virgin Olive Oil
- Peanut Oil
- Coconut Oil
- Grapeseed Oil
- Balsamic Vinegar
- White Wine Vinegar
- Red Wine Vinegar
- Champagne Vinegar
- White Vinegar
- Rice Vinegar
- Apple Cider Vinegar
- Fish Sauce
- Ketchup
- Yellow Mustard
- Dijon Mustard
- Whole Grain Mustard
- Worcestershire Sauce
- Hot Sauce
- Sirarcha Sauce

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**Keep These Items In Your Pantry & You’ll Never Be Far Away From A Great Meal**