



Kitchen Staples Grocery List

Pantry		Produce/Cold
Snacks <ul style="list-style-type: none"> <input type="checkbox"/> Nuts and seeds <input type="checkbox"/> Dried fruit <input type="checkbox"/> Trail mix <input type="checkbox"/> Whole-grain crackers <input type="checkbox"/> Baked chips <input type="checkbox"/> Larabars <input type="checkbox"/> Applesauce 	Vinegars/Oils <ul style="list-style-type: none"> <input type="checkbox"/> Extra virgin olive oil <input type="checkbox"/> Avocado oil <input type="checkbox"/> Coconut oil <input type="checkbox"/> Oil spray <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Apple cider vinegar 	Fruits <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Grapes <input type="checkbox"/> Berries <input type="checkbox"/> Pears <input type="checkbox"/> Bananas <input type="checkbox"/> Oranges
Cereal <ul style="list-style-type: none"> <input type="checkbox"/> Old fashioned oats <input type="checkbox"/> Quick oatmeal 	Herbs/Spices <ul style="list-style-type: none"> <input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Garlic powder <input type="checkbox"/> Onion powder <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Chili powder <input type="checkbox"/> Cumin <input type="checkbox"/> Oregano <input type="checkbox"/> Thyme <input type="checkbox"/> Parsley <input type="checkbox"/> Paprika <input type="checkbox"/> Red chili pepper flakes <input type="checkbox"/> Cinnamon <input type="checkbox"/> Nutmeg <input type="checkbox"/> Spice mixes 	Vegetables <ul style="list-style-type: none"> <input type="checkbox"/> Potatoes <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Onion <input type="checkbox"/> Avocados <input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Bell peppers <input type="checkbox"/> Onion <input type="checkbox"/> Tomatoes <input type="checkbox"/> Broccoli <input type="checkbox"/> Green onion <input type="checkbox"/> Lettuce/spinach/kale <input type="checkbox"/> Bagged salad
Bread/Pastas <ul style="list-style-type: none"> <input type="checkbox"/> Quinoa <input type="checkbox"/> Brown rice <input type="checkbox"/> Bean/quinoa/whole-grain pasta <input type="checkbox"/> Dried or canned beans/peas/lentils <input type="checkbox"/> Canned diced tomatoes <input type="checkbox"/> Canned corn <input type="checkbox"/> Canned soup <input type="checkbox"/> Whole-grain bread/tortillas <input type="checkbox"/> Corn tortillas 	Other <ul style="list-style-type: none"> <input type="checkbox"/> Corn starch <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Maple syrup <input type="checkbox"/> Honey <input type="checkbox"/> Chia seeds <input type="checkbox"/> Hemp seeds <input type="checkbox"/> Almond/oat flour <input type="checkbox"/> Chicken/vegetable broth/stock <input type="checkbox"/> Nut/seed butter <input type="checkbox"/> Tuna in water <input type="checkbox"/> Fruit/vegetable juice <input type="checkbox"/> Sparkling water 	Dairy/Non-Dairy <ul style="list-style-type: none"> <input type="checkbox"/> Almond/coconut/pea milk <input type="checkbox"/> Eggs
Condiments/Sauces <ul style="list-style-type: none"> <input type="checkbox"/> Salsa <input type="checkbox"/> Pasta sauce <input type="checkbox"/> Mustard <input type="checkbox"/> Ketchup <input type="checkbox"/> Bbq sauce <input type="checkbox"/> Hot sauce <input type="checkbox"/> Salad dressing <input type="checkbox"/> Worcestershire sauce <input type="checkbox"/> Coconut aminos <input type="checkbox"/> Jelly <input type="checkbox"/> Jalapeno slices <input type="checkbox"/> Sundried tomatoes <input type="checkbox"/> Olives 		Meat/Fish/Deli <ul style="list-style-type: none"> <input type="checkbox"/> Hummus <input type="checkbox"/> Guacamole <input type="checkbox"/> Lean ground turkey/beef
		Freezer <ul style="list-style-type: none"> <input type="checkbox"/> Boneless chicken breasts <input type="checkbox"/> Salmon/fish <input type="checkbox"/> Shrimp <input type="checkbox"/> Chicken tenders <input type="checkbox"/> Corn/peas <input type="checkbox"/> Mixed veggies <input type="checkbox"/> Mixed fruit <input type="checkbox"/> Hashbrowns/homestyle potatoes <input type="checkbox"/> Spinach/kale <input type="checkbox"/> Riced cauliflower/veggies <input type="checkbox"/> Zucchini noodles