



## STORE CUPBOARD ESSENTIALS

- Whole grain mustard
  - Extra virgin olive oil
  - Sesame oil
  - White wine vinegar
  - Bread flour
  - Whole wheat flour
  - Baking powder
  - Dried yeast
  - Superfine sugar
  - Brown sugar
  - Confectioner's sugar
  - Unsweetened cocoa powder
  - Chow mein noodles
  - Canned cannellini beans
  - Canned kidney beans
  - Canned tuna
  - Canned coconut milk
  - Anchovies
  - Quick-cook couscous
  - Basmati rice
  - Brown rice
  - Oatmeal
  - Honey
  - Maple syrup
  - Almonds/hazelnuts or mixed nuts
  - Mixed seeds
  - Chicken, vegetable & beef broth stock cubes
  - Jarred pesto
  - Ketchup
  - Tabasco sauce
  - Mayonnaise
  - Dijon mustard
  - Olive oil
  - Canola oil
  - Red wine vinegar
  - Balsamic vinegar
  - All-purpose flour
  - Cornstarch
  - Dried pasta
  - Canned garbanzo beans
  - Canned tomatoes
  - Baking powder
  - Soy sauce
  - Worcestershire sauce
  - Plain crackers – unsalted saltines
- SPICES**
- Ground cinnamon
  - Chile powder
  - Dried Oregano
  - Ground cumin
  - Ground coriander
  - Curry powder
  - Smoked paprika
  - Five spice powder
  - Sea salt
  - Black peppercorns
- FROZEN STUFF**
- Peas
  - Sugar snap peas
  - Green beans
  - Sweet corn
  - Fruits
  - Raw shrimp