

STOCK YOUR PANTRY

FOR STRESS FREE COOKING

SPICES / HERBS

ITEM

- kosher salt
- black pepper
- dried oregano
- ground cumin
- cayenne pepper or chili powder
- Hungarian paprika
- herbes de Provence or Italian seasoning

NOTES

Spices are best used within a few months. For maximum flavor, try freshly ground salt and pepper. Save time by mixing dried herbs with fresh.



ESSENTIAL

ITEM

- garlic

NOTES

Keep 2 or 3 heads on hand.



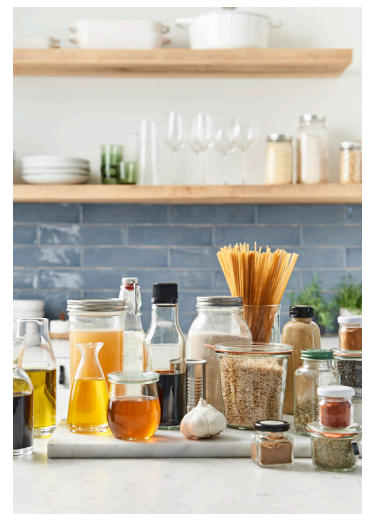
LIQUIDS

ITEM

- olive oil
- vegetable oil
- balsamic vinegar
- white wine vinegar
- raw honey or maple syrup
- tamari or soy sauce
- chicken or vegetable broth, low sodium

NOTES

When choosing brands for your pantry, keep it simple and buy quality. When you start with good basics, you're half way to a delicious meal.



GRAINS

ITEM

- whole grain spaghetti
- brown rice
- whole white wheat flour

NOTES

Make every bite count toward health. Whole grains have more nutrients than white versions.

CONDIMENTS

ITEM

- organic tomato paste
- Dijon mustard

NOTES

Buy tomato paste in a tube to reduce waste.