

# STOCK YOUR PANTRY

## FOR STRESS FREE COOKING

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### 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.



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### ESSENTIAL

#### ITEM

- garlic

#### NOTES

Keep 2 or 3 heads on hand.



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### 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.



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### 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.

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### CONDIMENTS

#### ITEM

- organic tomato paste
- Dijon mustard

#### NOTES

Buy tomato paste in a tube to reduce waste.