

# Pantry Essentials

KEEP THE PANTRY STOCKED & ADD FRESH PRODUCE EACH WEEK.

## CONDIMENTS

Extra Virgin Olive Oil

Balsamic Vinegar

White Wine Vinegar

Soy Sauce

Oyster Sauce

Fish Sauce

Red Curry Paste

Honey

Pure Maple Syrup

Dijon Mustard

Seeded Mustard

Natural Peanut Butter

Almond Butter

Vanilla Extract

## HERBS & SPICES

Chilli Flakes

Cinnamon

Cumin

Smoked Paprika

Dried Parsley

Turmeric

Dukkah

## BAKING

Self-Raising Flour

Wholemeal Plain Flour

Plain Flour

Baking Powder

Shredded Coconut

Almond Meal

Cocoa Powder

## WHOLEGRAINS & LEGUMES

Rolled Oats

Quick Oats

Quinoa

Brown Rice

Arborio Rice

Pasta

Couscous

Canned Chickpeas

Canned Lentils

Canned Red Kidney Beans

Canned Black Beans

Canned Corn

## MISC.

Canned Diced Tomatoes

Light Coconut Milk

Passata

Stock

Almonds

Cashews

## FRIDGE

Milk

Greek Yogurt

Butter

Eggs

Parmesan Cheese

Ricotta Cheese

## MY ESSENTIALS

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