

# Pantry Essentials Master List

## A DASH OF MACROS

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For Creating Healthy Recipes

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### HERBS & SPICES:

- Black Pepper or Peppercorns
- Garlic Powder, NOT Garlic Salt
- Red Pepper Flake
- Lemon Pepper
- Chili Powder or Cayenne Pepper
- Sea Salt
- Sesame Seeds
- Ground Cinnamon
- Vanilla Extract
- Oregano

### OILS & VINEGARS:

- Extra Virgin Olive Oil or Avocado Oil
- Non-Stick Cooking Spray
- White Vinegar or White Wine Vinegar
- Rice Vinegar or Mirin

### RICE & GRAINS:

- Rice: Jasmine, Basmati, Arborio
- Quick Rolled Oats
- Granola, Honey Almond Flax
- Farro
- Couscous
- Quinoa
- Boxed Pastas: Orzo, Penne (Red Lentil) Fettuccine
- Asian Noodles: Udon Noodles, Rice Noodles
- Panko Bread Crumbs

### BASICS & CANNED GOODS:

- Chicken Stock or Chicken Base (Paste)
- Diced Tomatoes, Tomato Pasta, Tomato Sauce
- Nuts: Almonds, Cashews, Peanuts
- Seeds: Chia, Pumpkin, Sunflower
- Dried Fruit: Cranberries, Raisins, Cherries
- Beans: Black, Garbanzo, Cannellini
- Peanut Butter or Almond Butter
- Canned Chicken (White Meat in Water) Crackers
- Protein Powder: Unflavored, Chocolate, Vanilla

### BAKING:

- Flour: All Purpose and Almond
- Baking Powder
- Baking Soda
- Cocoa Powder
- Chocolate Chips
- Coconut Cream
- Corn Starch
- Yeast

### SWEETENERS:

- Sugar Free Syrup
- Honey
- White Sugar
- Brown Sugar
- Powder Sugar

### CONDIMENTS:

- Hot Sauce: Sriracha or Cholula
- Mayo Sriracha
- Soy Sauce
- Fish Sauce
- Oyster Sauce
- Sweet and Sour Sauce
- Cilantro Lime Dressing
- Greek Yogurt Dressing
- Tahini
- Pesto Sauce
- Jelly or Jam Preserves
- Light Mayonnaise
- Mustard
- Ketchup

### DAIRY & EGGS:

- Eggs
- Egg White, Liquid
- Non-Fat Greek Yogurt
- Unsalted Butter
- White Cheddar Cheese, *block for fresh grating*
- Goat Cheese

Staying on top of your pantry inventory will help you stay organized. Use this Pantry Staples Master List to help keep you sane and your pantry organized to its optimal level.

### PERISHABLES & PRODUCE:

- Garlic
- Shallot
- Onion
- Scallions
- Blueberries
- Jalapeno
- Bell Peppers
- Avocado
- Cilantro
- Broccoli
- Lemons
- Leafy Greens: Spinach, Arugula, Kale
- Asparagus
- Tomatoes: Compari or Cherry
- Banana
- Apple
- Celery
- Lime
- Potatoes: Sweet or Red Skin
- Tortillas

### FREEZER:

- Boneless Skinless Chicken Breast
- Chicken Sausage
- Ground Turkey
- Ground Beef
- Fish: Salmon, Mahi, Tilapia, Cod
- Shrimp
- Frozen: Blueberries, Blackberries, Raspberries
- Frozen Veggies: Peas, Corn, Spinach

It's important to remember, **IF YOU CAN'T SEE IT YOU'RE PROBABLY NOT GOING TO USE IT.** Ensuring all your pantry items are organized in a way that you can see them. Using additional shelves, slid out drawers, and clear containers are very helpful.

Please **DO NOT** stress about buying everything on this master list all at once. Buy a few items each time you are at the store, or as a recipe requires. Soon you will have a well stocked fridge and pantry, filled with the healthy essentials to create delicious recipes!