

# Pantry Essentials Cheat Sheet

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Core Dry

Long-grain rice, pasta, rolled oats, all-purpose flour

Chickpeas, black beans, lentils

Panko, breadcrumbs

Oils & Sauces

Olive oil, neutral oil

Soy sauce, fish sauce, rice vinegar

Dijon, honey/maple, hot sauce

Flavor Bases

Garlic, onions, fresh ginger (freeze peeled knobs), lemons

Tomato paste, canned tomatoes, coconut milk

Stock concentrate or boxed broth

Baking/Spice

Baking powder/soda, cocoa powder

Brown sugar, granulated sugar

Smoked paprika, cumin, chili flakes, oregano, thyme

Quick Upgrades

Miso paste, sesame oil, tahini

Parmesan wedge, Greek yogurt

Frozen veg (broccoli, spinach, peas)

Fit/Skip Notes

Fit: small kitchens, budget-friendly stocking.

Skip: deep sauces you won't use monthly; buy small first.

Rotation Habit

Refill once/month; freeze half-used aromatics (ginger/peppers).

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