

Pantry Restock Grocery Checklist

GRAINS & DRY GOODS

- ☐ Rice
- ☐ Pasta
- ☐ Quinoa
- ☐ Flour
- ☐ Oats
- ☐ Bread
- ☐ Crackers

CANNED & JARRED GOODS

- ☐ Beans (black, kidney, chickpeas, etc.)
- ☐ Tomato Sauce
- ☐ Diced Tomatoes
- ☐ Coconut Milk
- ☐ Broth/Stock (chicken, veggie, beef)
- ☐ Tuna or Canned Fish
- ☐ Nut Butters

BAKING ESSENTIALS

- ☐ Sugar
- ☐ Brown Sugar
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Vanilla Extract
- ☐ Yeast
- ☐ Chocolate Chips

OILS, VINEGARS & CONDIMENTS

- ☐ Olive Oil
- ☐ Vegetable Oil
- ☐ Vinegar (white, apple cider, balsamic)
- ☐ Soy Sauce
- ☐ Hot Sauce
- ☐ Honey
- ☐ Dijon Mustard

SPICES & SEASONINGS

- ☐ Salt

- ☐ Black Pepper
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Paprika
- ☐ Cinnamon
- ☐ Chili Powder
- ☐ Italian Seasoning

SNACKS

- ☐ Granola Bars
- ☐ Popcorn
- ☐ Dried Fruit
- ☐ Nuts & Seeds
- ☐ Pretzels

BEVERAGES

- ☐ Coffee
- ☐ Tea
- ☐ Juice

OTHER ESSENTIALS

- ☐ Shelf-Stable Milk
- ☐ Cereal
- ☐ Instant Noodles
- ☐ Maple Syrup