

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