Pantry Staples

A well-stocked pantry enables you to make a good meal at any given time. With simple ingredients, you can quickly create a variety of satisfying and delicious dishes for your family or guests. Having these items on hand also means avoiding extra trips to the grocery store, saving you both money and time. Everyone's pantry may look different, but there are some basic items you should always have. These are my basic pantry suggestions, which you can use as a handy reference when creating your grocery list.

Dairy

Raw Milk (Heavy Cream can be Scooped)
Cheese (Parmesan, Mozzarella, Cheddar, Colby)
Butter
Greek Yogurt
Sour Cream

Meat

Chicken (Whole, Breasts, or Thighs)
Ground Beef (Keep in 1 lb portions for easier thawing)
Uncured Bacon
Shrimp
Pork Shoulder or Butt

Fresh Produce

Avocado
Cilantro
Carrots
Celery
Garlic Heads
Lemons
Lettuce (Romaine or Iceberg)
Tomatoes (Cherry or Slicing)
Yellow Onion

Staple Items

Ancient Grains
Baking Powder
Baking Soda
BBQ Sauce
Breadcrumbs
Chocolate Chips
Cocoa Powder
Cornmeal
Crackers
Honey
Hot Sauce
Italian Dressing
Ketchup
Lemon Juice
Maple Syrup
Mayonnaise
Nuts (Pecans, Walnuts)
Oatmeal
Oil (Olive, Sunflower, Avocado)
Palm Fruit Shortening
Pancake Mix
Peanut Butter
Potato Starch
Sriracha
Sugar (Granulated, Brown & Powdered)
Sweet Chili Sauce
Sweet & Sour Sauce
Unbleached Flour
Vinegar
Wheat Berries (Hard White, Red, Soft Wheat)

Spices/Seasonings

Basil
Bay Leaves
Black Pepper
Bouillon (Beef, Chicken)
Chili Powder
Cinnamon
Cayenne or Red Pepper Flakes
Cumin
Garlic (Minced, Powder or Salt)
Ginger
Italian Seasoning
Mustard (Dried or Prepared)
Nutmeg
Onion (Minced, Powder, Salt)
Oregano
Paprika
Parsley
Poppy Seeds
Rosemary
Sage
Salt (Seasoned Salt)
Soy Sauce
Sesame Seeds
Steak Seasoning
Thyme
Turmeric
Vanilla
Worcestershire Sauce
Yeast/Nutritional Dry Yeast

Keeping an array of seasonings enables you to make a homemade seasoning mix at any given time.

Packaged/ Canned Foods

Beans (Canned & Dry)
Beef Gelatin
Broth (Beef & Chicken)
Canned Diced Tomatoes
Canned Fruit (Pineapple)
Canned Mushrooms
Canned Mushroom Soup
Canned Salsa
Canned Tuna & Chicken
Cereal (Rice Crispies & Chex Squares)
Dried Onion Soup Mix
Dry Milk
Pastas
Pasta Sauce
Rice (Brown & White)
Sweetened Condensed Milk
Tomato Paste
Tomato Sauce