

Pantry Staples Checklist

The everyday basics that turn "nothing to eat" into a real meal.

STOCKED ON

HOUSEHOLD

Check the sage box for what you have, then circle the rose dot for anything running low, that's your grocery list.

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Baking & Flours

HAVE LOW

All-purpose flour
Granulated sugar
Brown sugar
Powdered sugar
Baking soda
Baking powder
Cornstarch
Active dry yeast
Vanilla extract
Cocoa powder

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Canned & Jarred

HAVE LOW

Diced tomatoes
Tomato paste & sauce
Pasta / marinara sauce
Black & kidney beans
Chickpeas
Corn & green beans
Tuna or chicken
Chicken / veg broth
Coconut milk
Salsa

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Grains, Rice & Pasta

HAVE LOW

White & brown rice
Spaghetti / long pasta
Penne / short pasta
Rolled oats
Quinoa or couscous
Egg noodles
Breadcrumbs
Dried lentils / beans

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Oils, Vinegars & Condiments

HAVE LOW

Olive oil
Vegetable / canola oil
Cooking spray
Balsamic & white vinegar
Soy sauce
Ketchup & mustard
Mayonnaise
Honey & maple syrup

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Keep this taped inside a cabinet door. A quick glance before you shop means fewer forgotten basics and fewer duplicate jars.

Pantry Staples Checklist

Seasonings, snacks and the fridge & freezer basics worth always having on hand.

ITEMS LOW

SHOP BY

Spices last longer than you think, but check dates twice a year. Anything faded or clumpy goes on the list.

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Spices & Seasonings

HAVE LOW

Salt & black pepper
Garlic powder
Onion powder
Paprika
Ground cumin
Chili powder
Cinnamon
Italian seasoning
Oregano & basil
Red pepper flakes
Bay leaves

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Breakfast & Snacks

HAVE LOW

Cereal & oatmeal
Peanut / nut butter
Jam & jelly
Crackers
Granola bars
Nuts & dried fruit
Popcorn & pretzels
Coffee
Tea
Chocolate chips

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Refrigerator Staples

HAVE LOW

Milk
Butter
Eggs
Cheese
Yogurt
Minced garlic
Lemon / lime juice
Tortillas

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Freezer Staples

HAVE LOW

Frozen mixed vegetables
Frozen berries & fruit
Chicken breast / thighs
Ground beef or turkey
Sliced bread
Butter / puff pastry
Backup freezer meal

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Running low, add to this week's grocery list

CATEGORIES CHECKED

ITEMS WELL STOCKED

ITEMS RUNNING LOW

SHOPPING TRIP ON