

Pantry and Freezer Item List

<i>Legumes</i>	<i>Whole Grains</i>	<i>Canned/Boxed</i>	<i>Nuts/ Seeds/Dried</i>
Chickpeas	Oats	Diced tomatoes	Cashews
Kidney Beans	Faro	Tomato Sauce	Chia
Lentils	Quinoa	Tomato paste (tube)	Pumpkin seeds
Black Beans	Rice Noodles	Peppers in Adobe Sauce	Walnuts
Vegetarian Refried Beans	Non GMO Popping Corn	Vegetable Stock	PB2 powder
Banza Pasta	Corn Bread Mix	Black Olives	Hemp Seeds
	Barley	Pepper Jelly	Cherries
			Figs

<i>Beverages</i>	<i>Spices</i>	<i>Frozen</i>	<i>Fresh</i>
Flaxseed milk	Italian Herb blend	Peas	Bananas
Herbed tea	Cumin	Corn	Lettuce
Glass water bottle	Cocoa Nibs	Berries	Avocado
	Turmeric	Sour Dough Bread	Onion
	Ginger (fresh and dried)	Spelt Tortillas	Garlic
	Seasoning Blends	Spinach	Bell Pepper
	Red Hot Pepper Flakes	Venison	Mushrooms
	Paprika		Hummus
	Cinnamon		Pasture Raised Eggs
	Pumpkin spice blend		Plan Soy Yogurt

<i>Potted Herbs</i>	<i>Oils</i>	<i>Other</i>
Basil	Coconut Oil	Nutritional Yeast
Cilantro	Cold Pressed Olive Oil	Bragg's Apple Cider Vinegar
Mint		Bragg's Liquid Aminos
		Ketchup/Mustard
		Balsamic Dressing
		Yogurt Dressing
		Miso Paste
		BBQ Sauce
		Raw Honey
		Pure Maple Syrup
		Corn Starch