

Pantry Checklist

A well-stocked pantry of top-notch ingredients is the key to creating quick and healthy meals. With these ingredients on hand, you'll always be able to get a tasty, healthy meal on the table, and you won't have to settle for just "so-so" dishes. Here's a list of items we recommend keeping in your kitchen.

Pantry Basics	Condiments	Refrigerator/Freezer	Sweets	
<input type="checkbox"/> Broth <input type="checkbox"/> beef <input type="checkbox"/> chicken <input type="checkbox"/> vegetable <input type="checkbox"/> Canned beans <input type="checkbox"/> black <input type="checkbox"/> cannellini <input type="checkbox"/> garbanzo <input type="checkbox"/> Great Northern <input type="checkbox"/> pinto <input type="checkbox"/> Canned salmon <input type="checkbox"/> Canned or packaged tuna <input type="checkbox"/> Cornmeal <input type="checkbox"/> Grains <input type="checkbox"/> barley <input type="checkbox"/> bulgar <input type="checkbox"/> millet <input type="checkbox"/> quinoa <input type="checkbox"/> Grits or polenta <input type="checkbox"/> Pastas <input type="checkbox"/> couscous <input type="checkbox"/> penne <input type="checkbox"/> spaghetti <input type="checkbox"/> Pasta sauce <input type="checkbox"/> Rice <input type="checkbox"/> Arborio <input type="checkbox"/> basmati <input type="checkbox"/> jasmine <input type="checkbox"/> white <input type="checkbox"/> wild <input type="checkbox"/> Tomato products, canned	<input type="checkbox"/> Anchovy paste <input type="checkbox"/> Bottled roasted red bell peppers <input type="checkbox"/> Capers <input type="checkbox"/> Chili paste <input type="checkbox"/> Chipotle chiles in adobo sauce <input type="checkbox"/> Chutneys <input type="checkbox"/> Curry paste <input type="checkbox"/> Dried herbs and spices <input type="checkbox"/> Fresh garlic <input type="checkbox"/> Jams <input type="checkbox"/> Jellies <input type="checkbox"/> Mustards <input type="checkbox"/> Dijon <input type="checkbox"/> honey <input type="checkbox"/> stone-ground <input type="checkbox"/> Oil <input type="checkbox"/> canola <input type="checkbox"/> dark sesame <input type="checkbox"/> olive <input type="checkbox"/> Peanut butter <input type="checkbox"/> Raisins <input type="checkbox"/> Salsa <input type="checkbox"/> Sauces <input type="checkbox"/> fish <input type="checkbox"/> hoisin <input type="checkbox"/> low-sodium soy <input type="checkbox"/> oyster sauce	<input type="checkbox"/> Seasoning blends <input type="checkbox"/> Sun-dried tomatoes <input type="checkbox"/> Vinegars <input type="checkbox"/> balsamic <input type="checkbox"/> cider <input type="checkbox"/> red wine <input type="checkbox"/> rice <input type="checkbox"/> sherry <input type="checkbox"/> white wine <input type="checkbox"/> Wines <input type="checkbox"/> red <input type="checkbox"/> sherry <input type="checkbox"/> white <input type="checkbox"/> Beef <input type="checkbox"/> ground <input type="checkbox"/> roasts <input type="checkbox"/> steaks <input type="checkbox"/> tenderloin <input type="checkbox"/> Butter <input type="checkbox"/> Cheeses <input type="checkbox"/> blue <input type="checkbox"/> feta <input type="checkbox"/> mozzarella <input type="checkbox"/> Parmesan <input type="checkbox"/> Romano <input type="checkbox"/> Chicken <input type="checkbox"/> rotisserie <input type="checkbox"/> skinless, breast halves <input type="checkbox"/> thighs <input type="checkbox"/> Eggs <input type="checkbox"/> Egg substitute <input type="checkbox"/> Fresh chiles <input type="checkbox"/> jalapeño <input type="checkbox"/> serrano <input type="checkbox"/> Fresh or frozen fish/shellfish <input type="checkbox"/> salmon <input type="checkbox"/> shrimp <input type="checkbox"/> Fresh herbs <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Oranges	<input type="checkbox"/> Nuts <input type="checkbox"/> almonds <input type="checkbox"/> hazelnuts <input type="checkbox"/> pecans <input type="checkbox"/> pine nuts <input type="checkbox"/> walnuts <input type="checkbox"/> Olives <input type="checkbox"/> black <input type="checkbox"/> green <input type="checkbox"/> kalamata <input type="checkbox"/> niçoise <input type="checkbox"/> Pork tenderloin <input type="checkbox"/> Salad dressings <input type="checkbox"/> Tofu <input type="checkbox"/> firm <input type="checkbox"/> soft <input type="checkbox"/> Tubes of polenta <input type="checkbox"/> Vegetables, frozen	<input type="checkbox"/> Cocoa <input type="checkbox"/> Honey <input type="checkbox"/> Maple syrup <input type="checkbox"/> Molasses <input type="checkbox"/> Semisweet chocolate <input type="checkbox"/> Sugars <input type="checkbox"/> brown <input type="checkbox"/> granulated <input type="checkbox"/> powdered <input type="checkbox"/> turbinado