

# Pantry checklist

## Carbohydrates

### Basics

- brown rice
- jasmine or basmati rice
- pasta

### Additional

- noodles
- arborio rice
- quick-cook rice pouches
- polenta
- rice paper
- tortillas
- taco shells

## Pulses

### Basics

- dried red lentils
- chick peas
- canned or dried red kidney beans

### Additional

- black beans
- white beans
- three bean mix

## Herbs & Spices

### Basics

- pepper (black and white)
- iodised salt
- herbs (mixed)
- chilli flakes
- curry powder

### Additional

- ginger
- paprika
- basil
- oregano
- ginger
- turmeric
- cinnamon
- 5 spice

## Oils

### Basics

- canola oil
- rice bran oil
- extra virgin olive oil

### Additional

- sesame oil
- peanut oil
- avocado oil

## Sauce & Vinegar

### Basics

- pepper (black and white)
- iodised salt
- herbs (mixed)
- chilli flakes
- curry powder

### Additional

- ginger
- paprika
- basil
- oregano
- ginger
- turmeric

## Drinks

### Basics

- black tea
- tea bags
- coffee

### Additional

- chocolate drink
- herbal tea
- green tea

## Nuts, Seeds & Dried Fruit

### Basics

- saltanas
- almonds
- sunflower seeds

### Additional

- sesame seeds
- pumpkin seeds
- dried apricots
- raw mixed nuts
- raw cashew nuts
- raw peanuts
- dried figs

## Baking Needs

### Basics

- white flour
- wholemeal flour
- cornflour
- white sugar
- brown sugar
- baking powder
- vanilla essence

### Additional

- wheat bran
- caster sugar
- icing sugar
- cooking chocolate
- rolled oats
- yeast

## Fresh Food

### Basics

- brown onions
- white onions
- potatoes
- garlic

### Additional

- root ginger
- shallots

## Spreads

### Basics

- vegemite
- honey
- peanut butter

### Additional

- marmalade
- nut butter

## Miscellaneous

### Basics

- canned tomatoes
- tomato paste
- stock (liquid or powder)
- evaporated milk
- canned fruit

### Additional

- breadcrumbs
- coconut milk
- skim milk powder

## Snacks

### Basics

- baked beans
- canned tuna
- canned salmon

### Additional

- canned spaghetti
- canned soup
- creamed rice