



The CHEF Pantry

A smart pantry, stocked with wholesome grains, spices, beans, flavorful oils & vinegars, plus a few other essentials, will make it easier to prepare delicious meals on even the busiest days of the week.

Perishables

- Fresh fruits & vegetables
- Eggs
- Fresh herbs: basil, cilantro
- Garlic, onion, lemons
- Avocados

Pantry Staples

Grains:

- Brown rice
- Quinoa
- Barley
- Oatmeal
- Whole wheat flour
- Whole wheat English muffins, wraps, and bread

Beans:

- Lentils
- Variety of dry beans
- Low sodium canned beans (pinto, black, garbanzo, navy)

Sweeteners:

- Honey
- Agave syrup
- Maple syrup
- Brown sugar
- Unsweetened cocoa powder

Other:

- Nuts & nut butters (with no added sugar or oils)
- Seeds: pumpkin, sesame, sunflower
- Dried fruit: cranberries, raisins, etc.
- Canned tuna or salmon
- Low sodium broth: chicken, veggie, beef
- Canned olives
- Low sodium canned tomatoes
- Artichoke hearts
- Chipotle peppers

Refrigerator Staples

Condiments:

- Salsa
- Low sodium soy sauce
- Stone ground mustard
- Marinades
- Dressings
- Hummus & black bean spreads

Dairy: (fat free or reduced fat versions)

- Milk
- Yogurt
- Cottage cheese
- Mozzarella, feta, goat, or Laughing Cow cheese

Vegetables:

- Raw vegetables: celery, carrots, bell peppers, etc.
- Bagged salads

Freezer

- Assorted fruits & vegetables
- Chicken
- Seafood

Oils & Vinegars

- Extra virgin olive oil
- Canola oil
- Toasted sesame oil
- Nonstick cooking spray
- Red wine, white wine, herb infused vinegar
- Balsamic vinegar
- Rice wine vinegar
- Cider vinegar
- Cooking wines: port, red, and white wines

Herbs & Spices

- Bay leaves
- Chili powder
- Cumin seeds
- Curry powder
- Dried oregano
- Dried thyme
- Ground all-spice
- Fennel seeds
- Ground cinnamon
- Paprika
- Herb / spice rubs