



# THE COOKING ESSENTIALS

## PANTRY CHECKLISTS

[CookingCompanionTV.com](http://CookingCompanionTV.com)



---

# DRY GOODS

---

Stock your pantry with at least one item from each group, so you always have something on hand to cook with.

☐ At least three grains:

Basmati rice	Polenta	Cous cous
Jasmine rice	Millet	Einkorn
Arborio rice	Quinoa	Barley
	Amaranth	Freekeh
	Teff	Spelt
	Oats	Wheat berries

☐ Dried legumes:

Chickpeas	Navy beans
Lentils	Great northern

☐ Nuts:

Almonds (whole and/or slivered)	Walnuts	Brazil nuts
	Pistachios	Hazelnuts

☐ Pasta

Spaghetti	Angel hair
Linguini	Macaroni

☐ Flour

All-purpose  
Wheat  
Dry active yeast packets

---

# REFRIGERATOR MUST-HAVES

---

Keep these items in your refrigerator to complement recipes & freestyle cooking.

☐ Butter and/or ghee

☐ Dijon mustard

☐ Eggs

☐ Mayonnaise

☐ Capers

☐ Sriracha or hot sauce

☐ Whole olives (for snacking)

☐ Cheese:

Parmesan (shredded  
or whole)

Parmigiano  
Reggiano

Goat cheese

Swiss (sliced)

American  
(sliced)

☐ Fermented vegetable:

Sauerkraut

Kimchi

---

# FREEZER

---

Your freezer can be the most important tool in your kitchen. Keeping frozen food will speed up your meal prep & increase your options. Use these suggestions to stockpile nutritious food.

☐ Stock (chicken or vegetable)

☐ Leftover vegetables & grains

☐ Frozen vegetables from grocery store freezer section

☐ Frozen market vegetables (tomatoes, corn, etc)

☐ Ground meat

☐ Leftover fruit

☐ Preserved fresh herbs

☐ Pre-sliced bread (sprouted or otherwise)

☐ Cooked beans



---

# SPICES & SEASONINGS

---

The most common items you'll need for recipes & freestyle cooking.

☐ Vinegar & acids:

Red wine vinegar

White wine vinegar\*

Apple cider vinegar

Lemon juice

Rice vinegar

\*not the same as distilled white vinegar

☐ Oils:

Extra virgin olive oil

Grapeseed oil

Peanut or canola oil

(for frying)

☐ Nut butter:

Almond butter

Peanut butter

Sunbutter

(sunflower seed)

Tahini

(sesame seed)

☐ Salt & pepper:

Kosher salt

Sea salt

black pepper &

grinder

☐ Extra flavors:

Honey

Soy sauce

Crush red pepper

Bay leaves

Oregano

Thyme

Basil

☐ Canned tomatoes or tomato paste

---

# FRESH PRODUCE

---

Keep these food items around for clean, freestyle cooking - and for being ready to go when you find that perfect recipe.

☐ Lemons/limes

☐ Garlic

☐ Shallots, yellow onions,  
red onion

☐ Potatoes

☐ Chives or green onions

☐ Bread

☐ Parsley

For video demonstrations of  
how to freeze fresh vegetables & herbs,  
how to cook dried beans & fresh grains,  
& how to make your own sunbutter,  
visit [CookingCompanionTV.com](http://CookingCompanionTV.com)