

PANTRY STOCK-UP



Everything you need to cook simple, from-scratch dinners at home

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THE BASICS - START BUILDING YOUR PANTRY HERE

OILS, FATS & ACIDS

<input type="checkbox"/>	Extra virgin olive oil	Dressings, roasting, sauteing
<input type="checkbox"/>	Neutral oil (avocado or vegetable)	High-heat cooking, frying
<input type="checkbox"/>	Unsalted butter	Cooking, baking, finishing
<input type="checkbox"/>	Apple cider vinegar	Dressings, marinades
<input type="checkbox"/>	Red wine vinegar	Mediterranean dressings & salads
<input type="checkbox"/>	Balsamic vinegar	Glazes, salads
<input type="checkbox"/>	Lemons & limes (fresh)	Brightens almost everything

SALT, PEPPER & EVERYDAY SPICES

<input type="checkbox"/>	Kosher salt	Your main cooking salt
<input type="checkbox"/>	Fine sea salt / table salt	Baking & seasoning at the table
<input type="checkbox"/>	Whole black peppercorns + grinder	Fresh pepper beats pre-ground
<input type="checkbox"/>	Garlic powder	Backbone of homemade ranch & rubs
<input type="checkbox"/>	Onion powder	Ranch, taco & all-purpose seasoning
<input type="checkbox"/>	Smoked + sweet paprika	Color and warmth for meats
<input type="checkbox"/>	Ground cumin	Tacos, chili, Mediterranean dishes
<input type="checkbox"/>	Chili powder	Taco night & chili
<input type="checkbox"/>	Dried oregano	Italian, Greek & Mexican cooking
<input type="checkbox"/>	Italian seasoning	One-jar shortcut for many dishes
<input type="checkbox"/>	Dried dill, parsley & chives	The trio for from-scratch ranch
<input type="checkbox"/>	Red pepper flakes	A little heat, anytime
<input type="checkbox"/>	Bay leaves	Soups, stews, braises
<input type="checkbox"/>	Ground cinnamon	Baking & warm spice blends

BAKING & BREAD

<input type="checkbox"/>	All-purpose flour	Baking, thickening, dredging
<input type="checkbox"/>	Bread flour	No-knead bread & Scottish baps
<input type="checkbox"/>	Active dry or instant yeast	Breads & rolls
<input type="checkbox"/>	Baking soda	Leavening
<input type="checkbox"/>	Baking powder	Leavening
<input type="checkbox"/>	Granulated sugar	Baking, balancing sauces
<input type="checkbox"/>	Brown sugar	Baking, rubs, marinades
<input type="checkbox"/>	Cornstarch	Thickening sauces & gravies
<input type="checkbox"/>	Pure vanilla extract	Desserts & baking

CANS, JARS & SAUCES

<input type="checkbox"/>	Canned diced tomatoes	Sauces, soups, braises
<input type="checkbox"/>	Tomato paste	Deep flavor in sauces & stews
<input type="checkbox"/>	Canned beans (black & chickpeas)	Tacos, salads, quick protein
<input type="checkbox"/>	Chicken / beef broth or bouillon	Soups, rice, pan sauces
<input type="checkbox"/>	Soy sauce	Savory depth & marinades
<input type="checkbox"/>	Worcestershire sauce	Burgers, marinades, gravies
<input type="checkbox"/>	Dijon mustard	Dressings & sauces
<input type="checkbox"/>	Mayonnaise	Base for homemade ranch & dips
<input type="checkbox"/>	Hot sauce	Heat to taste

GRAINS & PASTA

<input type="checkbox"/>	Long-grain rice	Easy side & bowl base
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<input type="checkbox"/>	Pasta (a long & a short shape)	Fast weeknight dinners
<input type="checkbox"/>	Orzo	Mediterranean salads & sides
<input type="checkbox"/>	Breadcrumbs / panko	Crispy coatings & toppings
FRIDGE, FREEZER & LONG-KEEPING PRODUCE		
<input type="checkbox"/>	Eggs	Breakfast, baking, binding
<input type="checkbox"/>	Milk	Cooking, baking, baps
<input type="checkbox"/>	Sour cream or Greek yogurt	Ranch, dips, toppings
<input type="checkbox"/>	Parmesan	Pasta, salads, finishing
<input type="checkbox"/>	Cheddar / shredded cheese	Tacos, melts, casseroles
<input type="checkbox"/>	Feta	Greek salads & Mediterranean plates
<input type="checkbox"/>	Yellow onions	Stores for weeks; flavor base
<input type="checkbox"/>	Garlic heads	Used in nearly everything
<input type="checkbox"/>	Potatoes	Sides, roasts, soups
<input type="checkbox"/>	Carrots	Stores well; soups & sides
<input type="checkbox"/>	Frozen peas & broccoli	Instant veg side, no waste
<input type="checkbox"/>	Chicken thighs / breasts	Freezer staple protein
<input type="checkbox"/>	Ground beef	Tacos, burgers, weeknight meals
LEVEL UP — ADD THESE AS YOUR EXPERIENCE IN THE KITCHEN GROWS		
Global Flavor Boosters		
<input type="checkbox"/>	Toasted sesame oil	Asian-inspired dishes
<input type="checkbox"/>	Rice vinegar & fish sauce	Stir-fries, dressings, depth
<input type="checkbox"/>	Tahini	Shawarma, dressings, hummus
<input type="checkbox"/>	Coconut milk (canned)	Curries & creamy sauces
<input type="checkbox"/>	Chili crisp or gochujang	Easy heat & umami
<input type="checkbox"/>	Capers, olives, sun-dried tomatoes	Mediterranean punch
<input type="checkbox"/>	Sumac & za'atar	Mediterranean spice upgrade
BAKING & SWEET UPGRADES		
<input type="checkbox"/>	Honey & maple syrup	Natural sweeteners & glazes
<input type="checkbox"/>	Cocoa powder & chocolate chips	Desserts & baking
<input type="checkbox"/>	Almond flour	Keto & gluten-free baking
<input type="checkbox"/>	Buttermilk (or powder)	Tender baking & dressings
<input type="checkbox"/>	Cornmeal	Breads & crispy coatings
SPICE RACK EXPANSION		
<input type="checkbox"/>	Ground coriander	Pairs with cumin in many dishes
<input type="checkbox"/>	Curry powder & garam masala	Quick global dinners
<input type="checkbox"/>	Turmeric	Color & earthy flavor
<input type="checkbox"/>	Dried chiles (guajillo, ancho)	Pozole & authentic salsas
<input type="checkbox"/>	Cardamom & allspice	Baking & warm dishes