

# PANTRY ESSENTIALS CHECKLIST

Universal Items Every Chef-Friendly Kitchen Should Have

## SECTION 1 — Oils & Fats

- Olive oil
- Avocado oil
- Neutral oil (canola/grapeseed)
- Butter / ghee

## SECTION 2 — Vinegars & Acids

- Balsamic
- Apple cider
- White wine
- Rice vinegar
- Lemon juice

## SECTION 3 — Spices & Seasonings

Keep these fresh (replace every 6–12 months):

- Salt (kosher + sea)
- Black pepper
- Paprika (sweet + smoked)
- Garlic powder
- Onion powder
- Chili flakes
- Cumin
- Oregano
- Basil
- Curry powder
- Cinnamon

## SECTION 4 — Dry Goods

- Pasta
- Rice
- Quinoa
- Couscous
- Lentils
- Beans
- Flour
- Sugar
- Oats

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## SECTION 5 — Sauces & Condiments

- Soy / tamari
- Hot sauce
- Mustard
- Tomato paste
- Salsa
- Coconut milk

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## SECTION 6 — Canned & Jarred Goods

- Tomatoes (diced, crushed)
- Broth/stock
- Beans
- Tuna/salmon
- Olives
- Pickle