

# Frugal Minimalist Pantry Staples Checklist

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|--|--|--|
| <input type="checkbox"/> seeds               | <input type="checkbox"/> pepper            | <input type="checkbox"/> whole wheat flour   |
| <input type="checkbox"/> nuts                | <input type="checkbox"/> salt              | <input type="checkbox"/> all-purpose flour   |
| <input type="checkbox"/> trail mix           | <input type="checkbox"/> oregano           | <input type="checkbox"/> white sugar         |
| <input type="checkbox"/> oats                | <input type="checkbox"/> basil             | <input type="checkbox"/> brown sugar         |
| <input type="checkbox"/> white rice          | <input type="checkbox"/> thyme             | <input type="checkbox"/> powdered sugar      |
| <input type="checkbox"/> brown rice          | <input type="checkbox"/> curry powder      | <input type="checkbox"/> baking soda         |
| <input type="checkbox"/> quinoa              | <input type="checkbox"/> garam masala      | <input type="checkbox"/> baking powder       |
| <input type="checkbox"/> long pasta          | <input type="checkbox"/> turmeric          | <input type="checkbox"/> cocoa powder        |
| <input type="checkbox"/> short pasta         | <input type="checkbox"/> chili flakes      | <input type="checkbox"/> chocolate chips     |
| <input type="checkbox"/> lasagna             | <input type="checkbox"/> cayenne           | <input type="checkbox"/> vanilla extract     |
| <input type="checkbox"/> canned tomatoes     | <input type="checkbox"/> chili powder      | <input type="checkbox"/> shredded coconut    |
| <input type="checkbox"/> tomato sauce        | <input type="checkbox"/> paprika           | <input type="checkbox"/> powdered milk       |
| <input type="checkbox"/> tomato paste        | <input type="checkbox"/> cumin             | <input type="checkbox"/> olive oil           |
| <input type="checkbox"/> canned fruit        | <input type="checkbox"/> cinnamon          | <input type="checkbox"/> other cooking oil:  |
| <input type="checkbox"/> coconut milk        | <input type="checkbox"/> nutmeg            | <input type="checkbox"/>                     |
| <input type="checkbox"/> canned fish         | <input type="checkbox"/> ginger            | <input type="checkbox"/> sesame oil          |
| <input type="checkbox"/> canned kidney beans | <input type="checkbox"/> cloves            | <input type="checkbox"/> white vinegar       |
| <input type="checkbox"/> canned chickpeas    | <input type="checkbox"/> other spices:     | <input type="checkbox"/> apple cider vinegar |
| <input type="checkbox"/> canned black beans  | <input type="checkbox"/>                   | <input type="checkbox"/> balsamic vinegar    |
| <input type="checkbox"/> canned lentils      | <input type="checkbox"/> peanut butter     | <input type="checkbox"/> raisins             |
| <input type="checkbox"/> dried chickpeas     | <input type="checkbox"/> other nut butter: | <input type="checkbox"/> dates               |
| <input type="checkbox"/> dried lentils       | <input type="checkbox"/> breakfast cereal  | <input type="checkbox"/> raisins             |
| <input type="checkbox"/> dried split peas    | <input type="checkbox"/> popcorn kernels   | <input type="checkbox"/> other dried fruit:  |
| <input type="checkbox"/>                     | <input type="checkbox"/> dark chocolate    | <input type="checkbox"/>                     |
| <input type="checkbox"/>                     | <input type="checkbox"/> corn meal         | <input type="checkbox"/>                     |
| <input type="checkbox"/>                     | <input type="checkbox"/> corn starch       | <input type="checkbox"/>                     |