

Pantry List

	Canned Foods
5	Tomato Sauce
4	Diced Tomatoes
2	Crushed Tomatoes 26oz
4	Salsa Verde
4	Olives
3	Pineapple
5	Pasta Sauce
2	Coconut Milk
1	Soy Sauce
2	Lemon Juice
1	Pickle Relish
1	Red Pepper, Canned
	Bulk 25#
	Rice
	Pinto Beans
	Black Beans
	Cornmeal
	5-Grain Cereal
	Oats
	Wheat Berries
	Nuts & Seeds
	Almonds
	Filberts
	Sunflower Seeds
	Sesame Seeds
	Pumpkin Seeds
	Walnuts
	Cashews
	Chia Seeds
	Flax Seeds
	Hemp Seeds
	Sprout Seeds

	Dry Foods
	Raisins
	Dates
	Prunes
	Tomatoes
	Apricots
	Pasta
	WW Macarroni
	WW Penne
	WW Spaghetti
	Rice Macarroni
	Rice Penne
	Rice Spaghetti
	Other bulk
	Red Beans
	White Beans
	Lentils
	Split Peas
	Popcorn
	Soybeans
	Quinoa
	Millet
	Sorghum
	Sorghum Flour
	Millet Flour
	Teff Flour
	Tapioca Flour
	Kamut Flour
	Potato Flour
	Gluten Flour
	Amaranth
	Yeast
	Nutritional Yeast
	Coconut

	Refrigerated
6	Eggs, dozen
1	Smart Balance Light
2	Tofu
1	Mayo
	Frozen
8	Juice
	Peas
	Peas & Carrots
	Corn
	Green Beans
1	Meal Starter Strips
	Produce
	Broccoli
	Cauliflower
	Cabbage
	Bell Pepper
	Lettuce
	Spinach
4-8	Cilantro
2	Baby Carrots, 2 lb
2	Carrots, 5 lb
	Celery
3	Red Potatoes 5lb
2	Potatoes 15 lb
10	Sweet Potatoes
2	Onions 5 lb
6	Garlic
50	Bananas
	Grapes
	Tomatoes
	Avocado
	Cucumber
	Zucchini
5	Winter Squash