CHECKLIST

Weeknight Pantry Checklist

Tick what you have, then shop for the gaps. These staples cover every recipe on AllRecipeZone.

CANS AND CARTONS

- [ ] Crushed tomatoes
- [ ] Whole peeled tomatoes
- [ ] Diced tomatoes
- [ ] Chickpeas
- [ ] Black beans
- [ ] Full-fat coconut milk
- [ ] Vegetable or chicken broth

GRAINS AND BAKING

- [ ] Rice
- [ ] Dried pasta
- [ ] Old-fashioned rolled oats
- [ ] All-purpose flour
- [ ] Granulated sugar
- [ ] Light brown sugar
- [ ] Baking powder
- [ ] Baking soda
- [ ] Cornstarch
- [ ] Chocolate chips

SPICES

- [ ] Kosher salt
- [ ] Black peppercorns
- [ ] Ground cumin
- [ ] Ground coriander
- [ ] Ground turmeric
- [ ] Sweet paprika
- [ ] Smoked paprika
- [ ] Chili powder
- [ ] Dried oregano
- [ ] Red pepper flakes
- [ ] Ground cinnamon
- [ ] Ground nutmeg

OILS, VINEGARS AND CONDIMENTS

- [ ] Olive oil
- [ ] Neutral oil
- [ ] Red wine vinegar
- [ ] Rice vinegar
- [ ] Low-sodium soy sauce
- [ ] Dijon mustard
- [ ] Honey or maple syrup
- [ ] Vanilla extract

FRIDGE

- [ ] Eggs
- [ ] Unsalted butter
- [ ] Lemons and limes
- [ ] Plain Greek yogurt
- [ ] Feta cheese
- [ ] Garlic
- [ ] Fresh ginger
- [ ] Onions

FREEZER

- [ ] Frozen berries
- [ ] Frozen peas or spinach
- [ ] Portions of cooked beans

Check canned goods before use and discard any that are bulging, leaking or deeply dented. Rotate stock so the oldest items are used first.