

**Pantry Items**

**Canned Goods**

- Coconut Milk
- Diced Tomatoes
- Diced Tomatoes with Green Chilies
- Tomato Paste
- Tomato Sauce
- Chipotle peppers in adobo sauce
- Diced Green Chilies
- Corn
- Kidney Beans
- Black Beans
- Cannelloni Beans
- Great Northern Beans
- Chili Beans

**Pasta/Rice/Noodles**

- Rice Noodles
- Ramen Noodles
- Lo Mein Noodles
- Spaghetti Noodles
- White or Brown Rice

**Spices/Herbs**

- Sea Salt
- Ground Black Pepper
- Chili Powder
- Paprika
- Ground Cumin
- Ground Cayenne Pepper
- Chipotle Chili Powder
- Red Pepper Flakes
- Dried Oregano
- Onion Powder
- Garlic Powder
- Garam Masala
- Freeze Dried Spring Onions
- Freeze Dried Cilantro

[Taco Seasoning](#)

### Sauces

- Marinara Sauce
- Sriracha
- Buffalo Sauce
- Soy Sauce (Tamari for gluten free)

### Oil/Vinegar

- Apple Cider Vinegar
- Rice Vinegar
- Olive Oil
- Sesame Oil
- Coconut Oil

### Baking

- Brown Sugar
- Cornstarch

### Other

- Vegetable Broth
- Chicken Broth
- Dried Mushrooms
- Creamy Peanut Butter
- Thai Red Curry Paste
- Mirin
- Honey
- Chili Paste
- Peanuts
- Brown Lentils
- Tortilla Strips
- Fritos Corn Chips
- Stout Beer

### Freezer Items

#### Vegetables

- Broccoli
- Stir Fry Vegetable Blend
- Sugar Snap Peas
- Corn

#### Healthy Additions

- Frozen Riced Cauliflower

### Fresh Items

#### Vegetables

- Onions
- Jalapenos
- Bell Peppers
- Garlic
- Ginger
- Limes

**Meats**

- Ground Beef
- Ground Chicken
- Boneless, Skinless Chicken Breasts
- Chorizo or Soyrito
- Italian Sausage Links (turkey, chicken or pork)

**Cheeses**

- Shredded Cheddar Cheese
- Shredded Mozzarella Cheese
- Grated Parmesan Cheese

**Breads**

- Tortillas (flour or corn)