

# A Well-Stocked Pantry

URBANBLISSLIFE.COM

## Grains + Pasta

Pasta  
Rice  
Quinoa/Couscous/Farro  
Dried lentils  
Dried beans  
Breadcrumbs

## Canned Goods

Canned chicken, beef, vegetable stock  
Canned coconut milk  
Canned beans  
Canned tomato sauce  
Canned tuna/salmon

## Baking Products

Flour  
Granulated sugar  
Brown sugar  
Confectioner's sugar  
Cocoa powder  
Baking powder + baking soda  
Chocolate chips  
Vanilla extract  
Boxed cake/cookie/brownie/muffin mixes

## Spices

Kosher salt	Cinnamon
Black peppercorns	All Spice
Basil	Cloves
Thyme	Nutmeg
Oregano	Bay leaves
Paprika	Curry powder
Parsley	Cumin
Rosemary	Crushed red pepper flakes
Dill	Cream of tartar

## Oils + Vinegars

Olive oil  
Vegetable oil  
Coconut oil  
Balsamic vinegar  
Apple cider vinegar  
Rice wine vinegar  
Soy sauce/coconut aminos

## Snacks + Cereals

Granola bars  
Nuts  
Crackers  
Pretzels  
Popcorn  
Jerky  
Cookies  
Dried fruit  
Applesauce  
Cereal  
Rolled Oats/Oatmeal

## Peanut Butter, Jams, Sweeteners

Peanut butter/almond butter  
Jams + jellies  
Honey  
Maple syrup

## Beverages

Water  
Coffee  
Tea  
Self-stable milk in cartons

Get recipes plus cooking & baking tips at [UrbanBlissLife.com](http://UrbanBlissLife.com)