

Pantry Starter Checklist

20

staples

50

dinners

\$1.50

avg/serving

20 shelf-stable staples that map to 50 dinners. Check items you already own. Fill in your local price per serving. Tape inside the cabinet door.

	Pantry Item	My Price / Serving	Meal Pairing 1	Meal Pairing 2	Meal Pairing 3
BASE TIER (8 items) -- carbs and canned goods that anchor every dinner					
<input type="checkbox"/>	Dried pasta, 2 shapes	-----	White bean garlic pasta	Tuna puttanesca	Chipotle chickpea pasta
<input type="checkbox"/>	Long-grain white rice	-----	Black bean rice bowls	Coconut red lentil dal	Coconut salmon bowls
<input type="checkbox"/>	Canned whole tomatoes	-----	Tuna puttanesca	Chickpea shakshuka	Chipotle chickpea pasta
<input type="checkbox"/>	Canned diced tomatoes	-----	Red lentil dal	Chickpea soup	Garam masala lentil soup
<input type="checkbox"/>	Low-sodium broth	-----	White bean soup	Garam masala soup	White bean pasta
<input type="checkbox"/>	All-purpose flour	-----	Drop biscuits	Simple flatbread	Salmon patties
<input type="checkbox"/>	Olive oil	-----	All soups (finish)	All pasta dishes	All grain bowls
<input type="checkbox"/>	Garlic, jar or dried	-----	White bean pasta	White bean soup	Chickpea soup
PROTEIN TIER (7 items) -- shelf-stable proteins that make pantry meals filling					
<input type="checkbox"/>	Canned chickpeas	-----	Chipotle chickpea pasta	Chickpea shakshuka	Chickpea soup
<input type="checkbox"/>	Canned black beans	-----	Smoky black bean bowls	Quick black bean soup	Rice bowl filling
<input type="checkbox"/>	Dried red lentils	-----	Coconut red lentil dal	Garam masala lentil soup	Lentil and white bean soup
<input type="checkbox"/>	Canned white beans (cannellini)	-----	White bean garlic pasta	White bean soup	Lentil white bean soup
<input type="checkbox"/>	Canned tuna in water	-----	Tuna puttanesca	Tuna and white bean bowl	Rice or flatbread topping
<input type="checkbox"/>	Dried green/brown lentils	-----	Green lentil bowl	Lentil vegetable soup	Grain bowl base
<input type="checkbox"/>	Canned salmon	-----	Coconut salmon bowls	Quick salmon patties	Rice or pasta topping
FLAVOR TIER (5 items) -- what keeps the rotation from feeling like repetition					
<input type="checkbox"/>	Soy sauce or tamari	-----	Black bean rice bowls	Coconut salmon bowls	Broth-based soups
<input type="checkbox"/>	Canned coconut milk, full fat	-----	Coconut red lentil dal	Coconut salmon rice	Quick chickpea curry
<input type="checkbox"/>	Chipotle peppers in adobo	-----	Chipotle chickpea pasta	Black bean bowls	Spiced bean soups
<input type="checkbox"/>	Red wine vinegar or ACV	-----	Any soup (finish)	Tuna puttanesca	Tuna and white bean bowl
<input type="checkbox"/>	Smoked paprika or garam masala	-----	Chickpea soup	Black bean bowls	Red lentil dal