

the effortless chic
PANTRY CAPSULE LIST

By Lauren Daniel for TheEffortlessChic.com

DRY OR CANNED GOODS

- Black Beans
- Chickpeas
- Tomatoes
- Chili Beans
- Pinto or white beans
- Coconut Milk, full fat
- Chicken, Beef, or Vegetable Broth
- Red Curry Paste
- GF or All Purpose Flour
- Tortillas: corn, flour, or grain free
- Bread: whole grain, GF or Ezekiel

SAUCES

- Aminos or Tamari Soy Sauce
- Mustard
- Worcestershire Sauce
- Maple Syrup or Honey
- Tomato Sauce
- Salsa
- Barbecue Sauce
- Ketchup

GRAINS

- Quinoa
- Couscous
- Rice
- Grits

PASTA

- Traditional/GF: ziti or angel hair
- Spaghetti Squash
- Zucchini for zoodles

OILS & VINEGARS

- Avocado or grapeseed
- Olive oil
- Coconut
- Balsamic
- White Wine

PRODUCE

- Bag of onions
- Bag of potatoes (sweet or russet)
- Garlic
- Baby Tomatoes
- Avocado

FROZEN

- Corn
 - Peas
 - Mixed Veggies
 - Oriental/Stir Fry Veggie Mix
- Optional: Precooked brown rice

FRIDGE

- Milk (dairy free or regular of your choice)
- Eggs
- Block of cheese
- Greens: kale, spinach, or arugula

PROTEINS

You should have a minimum of one of these items on hand at all times. Store meat in the freezer so you will always have a protein to make an easy meal.

- Ground meat: beef, turkey, sausage
- Pork Shoulder (great for pulled pork)
- Chicken (whole, breasts, thighs, tenders)
- Shrimp or Salmon

Vegetarian or 'meatless monday' options:

- Lentils
- Tofu