



the in fine balance

Essential Pantry

Herbs and spices:

- cumin
- chili powder
- curry powder
- cayenne
- dried oregano, thyme, basil
- garlic and onion powder
- ground cinnamon
- ground ginger
- all purpose spice mix - i like Mrs Dash
Garlic and Herb
- sea salt
- black pepper
- nutmeg

Condiments:

- ketchup
- soy sauce or tamari,
- mustards
- BBQ sauce
- salsa
- vinegars (apple cider, white wine, balsamic)

Other

- all purpose & whole wheat flour
- instant yeast
- brown & white sugar
- baking powder & baking soda

- black beans (dried / canned)
- chickpeas (dried / canned)
- navy beans (dried / canned)
- kidney or great northern beans (dried / canned)
- refried beans
- Red and green lentils
- Baked beans
- White rice, jasmine or basmati
- Whole grain brown rice
- barley
- quinoa
- wheat berries
- Pasta - all shapes and sizes
- Peanut butter and/ or almond butter
- coconut milk
- Jam
- Tahini
- Olive oil, extra virgin
- Canola or sunflower oil
- Aseptic boxes of plant milks and tofu
- Applesauce
- Tortilla wraps
- oats (large flake & quick)
- nuts (pecans, almonds, walnuts)
- tomato paste
- canned tomatoes, diced
- Mazzerzano whole tomatoes
- pizza sauce
- pasta sauce (tomato basil or pomodoro)