
REBECCA'S STAPLES LIST

PANTRY

Canned beans (black, garbanzo, white)
Breadcrumbs
Chicken, Beef, Vegetable broth
(organic and in the box)
Cornmeal
Dried fruits (cranberries, raisins)
Flour (all-purpose, self-rising)
Baking mix
Garlic
Green chiles
Honey
Hot sauce
Maple syrup
Mustards (Dijon, honey)
Nonstick cooking spray
Oils (olive, vegetable)
Olives
Dried pastas
Couscous
Preserves
Rice
Soy Sauce
Sugar (brown, granulated, powdered)
Canned tomatoes (whole, diced, sauce)
Vinegars (balsamic, cider, white, red wine,
white balsamic, white wine, rice wine)
Worcestershire
Tortillas
Chipotle peppers
Hearts of palm
Organic canned soups
Taco shells

FRESH

Baby Spinach
Blue Cheese
Sharp cheddar cheese
Prosciutto
Red grapes
Onions
Tomatoes
Avocados
Lemons
Limes
All-natural salsa
Cream cheese
Sour cream
Onions
Small red potatoes
Fruit

FREEZER

Pinenuts
Pecans
Frozen pizza dough
Frozen yeast rolls