



PANTRY

Checklist

Please don't go out and buy everything on this list. Just start with 1-2 items from each category.

OILS

- good quality extra virgin olive oil
- cheaper extra virgin olive oil
- peanut oil or macadamia oil

VINEGAR

- sherry OR red wine vinegar
- balsamic
- lemons

CANNED THINGS

- tomatoes
- chickpeas
- beans – butter beans, cannellini, red kidney, black beans, adzuki beans
- lentils
- fish – tuna in oil, sardines
- chicken
- coconut milk.

SPICES

- dried chilli flakes or chilli powder
- curry powder
- ground cumin
- ground coriander
- garam marsala – Indian spice blend
- smoked paprika

JARS

- curry paste – Thai or Indian
- tomato pasta sauce (marinara sauce) or tomato paste
- tahini – ground sesame seeds
- vegetables – roast red peppers, grilled eggplant (aubergines)
- pesto
- vegemite – not for everyone
- peanut butter
- honey &/or maple syrup

SAUCES

- mustard - dijon OR wholegrain
- soy sauce Or tamari
- mayonnaise
- ketchup (tomato sauce)
- oyster and/or fish sauce.

DRY GOODS

- lentils – red, puy or green lentils
- dried beans
- pasta / noodles / couscous / basmati rice (for the non-slow carbers)
- quinoa

SEASONINGS

- sea salt flakes like Maldon,
- fine sea salt or kosher salt
- black peppercorns

BAKING (OPTIONAL)

- flour – plain flour, bread flour (or gluten free flour)
- sugar – white sugar, brown sugar, stevia
- other – cocoa powder, baking powder, dried yeast
- chocolate – 70% cocoa solids

NUTS

- almonds, pinenuts, hazelnuts, walnuts, brazil nuts pecans, cashews

FRIDGE

- cheese – parmesan, ricotta, goats cheese, halloumi
- other dairy – butter, yoghurt, cream
- tofu
- miso paste

FREEZER

- vegetables – frozen peas, broad beans, spinach
- fruit – berries for last minute berry sorbet
- other – puff pastry, bread (for the non-slow carbers)