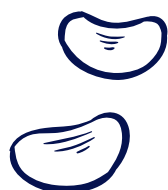


# PANTRY STAPLES

Everything you need in your kitchen pantry



## Legumes

Black Beans

Kidney Beans

Lentils

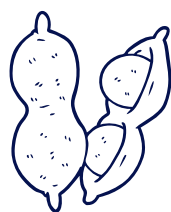
Garbanzo Beans/ Chickpeas

Lima Beans

Pinto Beans

Peanuts

Pinto Beans



## Nuts/Seeds

Raw Almonds

Raw Cashews

Sesame Seeds



## Meat/Seafood

Tuna

Salmon

Anchovies

Chicken



## Oils / Vinegar

Olive Oil

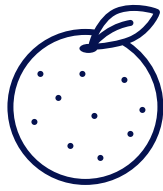
Balsamic Vinegar

White Vinegar

Coconut Oil

Apple Cider Vinegar

Tamari



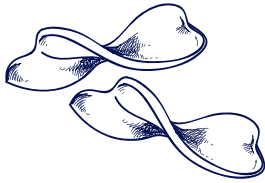
## Fruit

Dried Mangoes

Dried Apricots

Dried Cherries

Raisins



## Dried Goods

Jasmine Rice

Brown Rice

Quinoa

Pasta

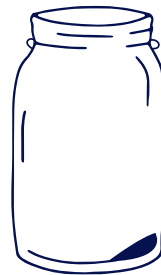
Cereal

Pretzels

Crackers

Oatmeal

Masa



## Condiments

Kalamata Olives

Capers

Ketchup

Tomato Paste

Canned Tomatoes

Anchovy Paste

Sundried Tomatoes

Mustard

Hot Sauce



## Baking

Cocoa Powder

Baking Powder

Baking Soda

All Purpose Flour

Bread Crumbs

Baking Flour

Almond Flour

Sugar

Honey

Cornstarch

Arrowroot

Brown Sugar