

The healthy pantry checklist

BASICS	EXTRAS
CARBOHYDRATES: <input type="checkbox"/> brown rice <input type="checkbox"/> jasmine or basmati rice <input type="checkbox"/> couscous <input type="checkbox"/> pasta	<input type="checkbox"/> quinoa <input type="checkbox"/> Arborio rice <input type="checkbox"/> barley <input type="checkbox"/> quick-cook rice pouches <input type="checkbox"/> polenta <input type="checkbox"/> bulgur <input type="checkbox"/> rice paper <input type="checkbox"/> tortillas <input type="checkbox"/> taco shells <input type="checkbox"/> noodles
PULSES: <input type="checkbox"/> dried red lentils <input type="checkbox"/> dried or canned red kidney beans <input type="checkbox"/> white beans <input type="checkbox"/> chick peas	<input type="checkbox"/> puy lentils <input type="checkbox"/> five bean bean mix <input type="checkbox"/> borlotti beans <input type="checkbox"/> black beans
HERBS AND SPICES: <input type="checkbox"/> iodised salt <input type="checkbox"/> black pepper <input type="checkbox"/> mixed herbs <input type="checkbox"/> curry powder <input type="checkbox"/> cumin <input type="checkbox"/> chilli flakes	<input type="checkbox"/> dried chilli flakes <input type="checkbox"/> cinnamon <input type="checkbox"/> ginger <input type="checkbox"/> paprika <input type="checkbox"/> turmeric <input type="checkbox"/> white pepper <input type="checkbox"/> oregano <input type="checkbox"/> rosemary <input type="checkbox"/> thyme
OILS: <input type="checkbox"/> canola oil <input type="checkbox"/> rice bran oil <input type="checkbox"/> spray or pump oil <input type="checkbox"/> extra virgin olive oil	<input type="checkbox"/> sesame oil <input type="checkbox"/> peanut oil <input type="checkbox"/> flaxseed oil <input type="checkbox"/> avocado oil <input type="checkbox"/> walnut oil <input type="checkbox"/> macadamia oil
SAUCES AND VINEGARS: <input type="checkbox"/> tomato sauce <input type="checkbox"/> sweet chilli sauce <input type="checkbox"/> worcestershire sauce <input type="checkbox"/> low salt soy sauce <input type="checkbox"/> malt vinegar <input type="checkbox"/> balsamic vinegar	<input type="checkbox"/> fish sauce <input type="checkbox"/> hoisin sauce <input type="checkbox"/> oyster sauce <input type="checkbox"/> cider vinegar <input type="checkbox"/> white wine vinegar <input type="checkbox"/> red wine vinegar
DRIED FRUITS, NUTS AND SEEDS: <input type="checkbox"/> raisins or sultanas <input type="checkbox"/> raw almonds <input type="checkbox"/> raw brazil nuts <input type="checkbox"/> sunflower seeds	<input type="checkbox"/> sesame seeds <input type="checkbox"/> pumpkin seeds <input type="checkbox"/> dried apricots <input type="checkbox"/> dried figs <input type="checkbox"/> raw walnuts <input type="checkbox"/> raw mixed nuts <input type="checkbox"/> raw hazelnuts <input type="checkbox"/> raw cashews <input type="checkbox"/> raw peanuts
FRESH FOOD: <input type="checkbox"/> potatoes <input type="checkbox"/> red onions <input type="checkbox"/> brown onions <input type="checkbox"/> garlic	<input type="checkbox"/> root ginger <input type="checkbox"/> shallots <input type="checkbox"/> kumara

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BAKING NEEDS: <input type="checkbox"/> white flour <input type="checkbox"/> wholemeal flour <input type="checkbox"/> cornflour <input type="checkbox"/> white sugar <input type="checkbox"/> brown sugar <input type="checkbox"/> baking powder <input type="checkbox"/> baking soda <input type="checkbox"/> apple puree <input type="checkbox"/> vanilla essence	<input type="checkbox"/> wheat bran <input type="checkbox"/> wheat germ <input type="checkbox"/> caster sugar <input type="checkbox"/> icing sugar <input type="checkbox"/> cooking chocolate <input type="checkbox"/> yeast <input type="checkbox"/> rolled oats
MISCELLANEOUS ESSENTIALS: <input type="checkbox"/> canned tomatoes <input type="checkbox"/> tomato paste <input type="checkbox"/> stock (liquid or powder) <input type="checkbox"/> light evaporated milk <input type="checkbox"/> canned fruit	<input type="checkbox"/> flavoured canned tomatoes <input type="checkbox"/> light evaporated milk (coconut-flavoured and plain) <input type="checkbox"/> skim milk powder <input type="checkbox"/> breadcrumbs
SPREADS: <input type="checkbox"/> yeast spread <input type="checkbox"/> honey <input type="checkbox"/> peanut butter	<input type="checkbox"/> marmalade <input type="checkbox"/> nut butter
'INSTANT' MEALS AND SNACKS: <input type="checkbox"/> baked beans <input type="checkbox"/> canned tuna <input type="checkbox"/> canned salmon	<input type="checkbox"/> creamed sweetcorn <input type="checkbox"/> canned spaghetti <input type="checkbox"/> canned soup <input type="checkbox"/> creamed rice <input type="checkbox"/> chilli beans
DRINKS: <input type="checkbox"/> black tea <input type="checkbox"/> tea bags <input type="checkbox"/> coffee	<input type="checkbox"/> chocolate drink <input type="checkbox"/> herbal tea <input type="checkbox"/> green tea

NOTES:

PANTRY PROBLEM SOLVER: Meal starter ideas

YOU HAVE:	WHAT YOU CAN MAKE:
canned beans, canned tomatoes	Simple bean chilli – serve with rice or tortillas Bean soup – add veges, stock, spices Bean burgers – mash beans and make patties
rice, onion, stock	Risotto – add leftover vegetables, meat, sausages, parmesan Rice pilaf – add spices, nuts and vegetables
pasta, onion, canned tomatoes	Tomato pasta sauce – add herbs, garlic, wine, stock, tomato paste Pasta bake – layer in a dish and add cheese, breadcrumbs, and any veges you have
lentils, stock, canned tomatoes	Spicy lentil soup – add garlic, spices, herbs, leftover sausages Dhal (lentil curry) – add curry, yoghurt, chilli spices
canned tuna, potatoes	Fish cakes – add an egg, lemon juice, breadcrumbs, herbs
flour or tortillas, tomatoes or tomato paste	Pizza – add cheese, vegetables, meat, herbs
potatoes, onion	Potato gratin – add milk, breadcrumbs, cheese
potatoes or kumara, onion, stock	Vege soup – add other veges and your favourite spices and herbs
coconut milk or evaporated milk, potatoes or kumara	Vege curry – add any other veges you have, fresh or frozen, and curry spices or curry paste

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