

Pantry Staples for One

A no-waste checklist for those cooking for one

How to use it: Check off what you already have, circle what you need, and take it to the store. Buy one or two staples per trip instead of all at once.

Pantry

- ☐ Pasta
- ☐ Rice
- ☐ Oats
- ☐ Lentils
- ☐ Canned beans
- ☐ Canned tomatoes
- ☐ Tomato paste
- ☐ Broth or bouillon
- ☐ Peanut butter
- ☐ Breadcrumbs

Baking

- ☐ Flour
- ☐ Sugar
- ☐ Brown sugar
- ☐ Baking powder
- ☐ Baking soda

Oils & Vinegars

- ☐ Olive oil
- ☐ Avocado or neutral oil
- ☐ Vinegar

Spices & Herbs

- ☐ Kosher salt
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Italian seasoning
- ☐ Dried basil
- ☐ Oregano
- ☐ Smoked paprika
- ☐ Cumin
- ☐ Chili powder
- ☐ Red pepper flakes

Refrigerator

- ☐ Eggs
- ☐ Butter
- ☐ Cheese
- ☐ Milk
- ☐ Heavy cream
- ☐ Yogurt
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Jam

Freezer

- ☐ Chicken or fish
- ☐ Vegetables
- ☐ Fruit
- ☐ Broth, portioned
- ☐ Cooked rice or grains
- ☐ Bacon or sausage

Produce

- ☐ Onions
- ☐ Garlic
- ☐ Lemons
- ☐ Carrots
- ☐ Celery
- ☐ Bell peppers
- ☐ Apples or bananas

Keep a use-it-up list for anything half-used, and shop your pantry before the store.

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