

20 INGREDIENT PANTRY

for STRESS FREE COOKING

SPICES/HERBS

- | ITEM | NOTES |
|--|---|
| <input type="checkbox"/> kosher salt | Spices are best used within a few months. For maximum flavor, try freshly ground salt and pepper. Save time by mixing dried herbs with fresh. |
| <input type="checkbox"/> black pepper | |
| <input type="checkbox"/> dried oregano | |
| <input type="checkbox"/> ground cumin | |
| <input type="checkbox"/> cayenne pepper or chili powder | |
| <input type="checkbox"/> Hungarian paprika | |
| <input type="checkbox"/> herbes de Provence or Italian Seasoning | |



ESSENTIAL

- | ITEM | NOTES |
|---------------------------------|----------------------------|
| <input type="checkbox"/> garlic | Keep 2 or 3 heads on hand. |



LIQUIDS

- | ITEM | NOTES |
|---|---|
| <input type="checkbox"/> olive oil | When choosing brands for your pantry, keep it simple and buy quality. When you start with good basics, you're half way to a delicious meal. |
| <input type="checkbox"/> vegetable oil | |
| <input type="checkbox"/> balsamic vinegar | |
| <input type="checkbox"/> white wine vinegar | |
| <input type="checkbox"/> raw honey or maple syrup | |
| <input type="checkbox"/> tamari or soy sauce | |
| <input type="checkbox"/> chicken or vegetable broth, low sodium | |



GRAINS

- | ITEM | NOTES |
|--|--|
| <input type="checkbox"/> whole grain spaghetti | Make every bite count toward health. Whole grains have more nutrients than white versions. |
| <input type="checkbox"/> brown rice | |
| <input type="checkbox"/> whole white wheat flour | |

CONDIMENTS

- | ITEM | NOTES |
|---|---|
| <input type="checkbox"/> organic tomato paste | Buy tomato paste in a tube to reduce waste. |
| <input type="checkbox"/> Dijon mustard | |



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