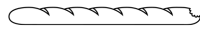


# THE NEW BAGUETTE



## Pantry Staples Grocery List

### Grains + Starchy Things

- Brown rice, Quinoa, Farro
- Rolled Oats
- Whole Wheat Pasta
- No-Boil Lasagna Sheets
- Brown Rice Noodles
- Udon (fresh or frozen)

### Misc. Fresh Things

- Tofu
- Tempeh
- Onions
- Ginger
- Garlic
- Lemons or Limes

### Beans/Legumes

- Dried Lentils (green or red)
- Dried or Canned Chickpeas
- Dried or Canned Beans  
(white, black, kidney, butter, etc.)

### Herbs + Spices

- Smoked Paprika
- Garlic Powder
- Ground Cumin
- Hot Red Pepper Flakes
- Curry Powder
- Herbes de Provence
- Za'atar
- Nutritional Yeast

### Misc. Canned + Jarred Things

- Full-Fat Coconut Milk
- Capers
- Sun-Dried Tomatoes
- Kimchi or Sauerkraut
- Tomatoes  
(sauce, diced, or crushed)

### Condiments

- Soy Sauce
- Toasted Sesame Oil
- Seasoned Rice Vinegar
- Thai Red Curry Paste
- Miso
- Balsamic Vinegar
- Dijon Mustard
- Tahini
- All-Natural Peanut Butter
- Maple Syrup

### Nuts/Seeds

- Pumpkin Seeds
- Sesame Seeds
- Peanuts, Almonds, Cashews

### \*Extras\*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Find recipes on [thenewbaguette.com](http://thenewbaguette.com)!