

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!