

MY SHOPPING LIST

NOTE TO SELF

FRUITS

VEGETABLES

FISH & MEAT

SNACKS

DAIRY

DRINKS

TOILETRIES

CLEANERS

MY SHOPPING LIST

NOTE TO SELF

DRY GOODS

CANNED GOODS

OILS & SAUCES

GRAINS

HERBS & SPICES

FRIDGE ITEMS

FREEZER ITEMS

ETC:

PANTRY STAPLES CHECKLIST

DRY GOODS

- flour
- sugar(s)
- baking powder
- baking soda
- corn starch
- dry milk
- cornmeal
- tortillas
- dry beans
- rice
- pasta
- crackers
- oatmeal
- cereal
- coffee/tea

CANNED GOODS

- evaporated milk
- condensed milk
- tomato sauce
- vegetables
- tuna/sardines
- beans
- soups
- Spam/Vienna/Corned Beef
- coconut milk/cream
- green olives

OILS & SAUCES

- vinegar(s)
- oil(s)
- soy sauce
- ketchup/BBQ
- wine(s)
- pasta sauce
- mayonnaise
- lime/lemon juice
- marinades
- honey

GRAINS

- lime/lemon juice
- marinades
- honey
- lime/lemon juice
- marinades
- honey

HERBS & SPICES

- salt/pepper
- garlic pow.
- onion pow.
- cumin
- oregano
- thyme
- paprika
- parsley
- star anise
- corriander
- nutmeg
- cinnamon
- bay leaves
- chicken bullion
- adobo
- sazón

FRIDGE ITEMS

- milk
- eggs
- butter
- margarine
- cream
- cheese
- fresh herbs
- sour cream
- fresh vegetables

FREEZER ITEMS

- sofrito
- fish
- chicken
- beef
- pork
- ham hocks
- vegetables

PRODUCE:

- plantains
- cilantro
- onions
- garlic
- potatoes
- root vegetables
- avocado
- bell peppers
- calabaza (squash)
- favorite fruits