Pantry Staples List

Pantry

- [ ] Almond Flour
- [ ] Coconut Flour
- [ ] Stevia/Truvia Sweetener
- [ ] Xanthan Gum
- [ ] BakingPowder
- [ ] Baking Soda
- [ ] Vanilla Extract
- [ ] Mini Chocolate Chips
- [ ] Honey
- [ ] Peanut Butter/1st Phorm Nut Butter/ PB2
- [ ] Level-1 Flavors of Choice
- [ ] Rice Cakes
- [ ] Rolled Oats
- [ ] Non Stick Spray
- [ ] Parchment paper
- [ ] Minced Garlic
- [ ] Seasonings (salt, Pepper, garlic salt, lemon pepper, cinnamon)
- [ ] Extra Virgin Olive Oil (EVOO)

Fridge

- [ ] No sugar BBQ Sauce (I prefer G. Hughes brand)
- [ ] Buffalo Sauce (I prefer Primal brand)
- [ ] Salsa
- [ ] Mustard
- [ ] No sugar added ketchup (I prefer Primal or Heinz no sugar)
- [ ] No sugar added pancake syrup (I prefer Waldens Farms)
- [ ] Mayonnaise
- [ ] Shredded cheese
- [ ] Laughing cow cheese wedges
- [ ] Plain greek yogurt
- [ ] Eggs
- [ ] Egg whites
- [ ] Milk of choice
- [ ] Nonfat/coconut reddi whip (if desired for toppings)

Freezer

- [ ] Plain frozen mixed veggies
- [ ] Pre grilled chicken breasts/strips (I prefer Tyson - no breading)
- [ ] Ice
- [ ] Plain rice cauliflower

Gadgets

- [ ] Handheld Milk Frother
- [ ] Miniature spatula set
- [ ] Kitchen shears
- [ ] Crockpot/Instant Pot
- [ ] Air Fryer
- [ ] Coffee maker/cold brew press
- [ ] Digital meat thermometer

Weekly Items:

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