My Basic Pantry Staples

Dried Food Refrigerator foods

Whole wheat flour Eggs

Raisins Milk

Nuts and seeds Yoghurts

Whole wheat pasta

Brown rice

Quinoa

Canned good Oil and Vinegar

Chick-peas Extra virgin olive oil

Kidney beans Apple cider vinegar

Corn White wine vinegar

Pinto beans

Coconut milk

Tomato sauce