



MY SOUTHERN PANTRY ESSENTIALS

Stock your pantry with these healthy foods
for quick and easy meal prep

GRAINS / RICE / PASTA

Rice: brown, wild
Quinoa: mixed or red
Wheat Berries
Steel-Cut Oats
Cornmeal
Stone-Ground Grits
Cornstarch
Bread Crumbs
Pasta: whole-wheat penne, veggie rotini,
enriched egg noddles

SNACKS / NUTS / DRINKS

Crackers: ritz, salt-tines, sesame
Granola Bars
Almonds
Pecans
Peanuts
Tortilla Chips
Tortillas
Lipton Iced Tea
Various Herbal Teas
Coffee

CANNED / JARRED / DRIED

Tomatoes: diced, sauce, juice, paste
Stocks: chicken, vegetable
Cream of Mushroom
Beans: black, garbanzo, canalini
Black-Eyed Peas
Olives; black, green
Peanut Butter
Fruit Jellies & Jams
Pickles & Relish: dill, bread and butter
Pickled: okra, asparagus, dilly beans
Chow Chow
Salsa
Artichokes
Jalapeños
Tuna
Green Beans
Baked Beans
Limas
Fruit: cranberries, apricots
Vegetable Soup

HERBS / SPICES

Pepper: black, red, cayenne
Crushed Red Pepper
Ginger
Rosemary
Basil
Oregano
Parsley
Salt: sea salt, iodized table salt
Cumin
Coriander
Garlic
Slap Ya Mama
Celery Seed
Chinese Five Spice
Cinnamon
Nutmeg
Cloves
Chili Powder

BAKING

Flour: all-purpose, self-rising, whole-wheat,
Almond Flour
Baking Soda
Baking Powder
Extracts: vanilla, hazelnut
Cocoa Powder
Chocolate Chips
Honey
Sugar: turbinado, white, brown
Coconut
Lard

OILS / SAUCES / VINEGARS

Olive Oil: high-heat, EVOO
Coconut Oil
Peanut Oil
Ketchup
Mustard: yellow, brown
Mayonnaise
Worcestershire
Soy Sauce
Hot Sauce
BBQ Sauce
Vinegar: red wine, apple cider, champagne, rice