

Extreme Pantry Makeover

STARTER PANTRY

LIQUIDS

OIL

Canola
Olive
Sesame
Avocado

VINEGAR

White Distilled
Apple Cider
Red Wine
Rice Vinegar

DEGLAZER

Apple Juice
Orange Juice
Lemon Juice

SEASONING

Chili Sauce
Siracha
Worstershire
Honey
Soy Sauce

SPICES & FLAVORS

Sea Salt
Black Pepper
Garlic Powder
Sugar
Brown Sugar

Cumin
Chili Powder
Coriander
Dried Oregano
Cinnamon

Ground Ginger
Italian Seasoning
Sage
Red Pepper Flake
Onion Powder

Turmeric
Thyme
Nutmeg
Rosemary
Paprika

PLATFORMS

PASTA

Spaghetti
Macaroni
Egg Noodles

BEANS

Black Beans
Pinto Beans
Lentils
Chickpeas
Black Eyed Peas

GRAINS

Quinoa
White Rice
Brown Rice
Quick Oats

POTATOES

Russet Potatoes
Red Potatoes
Sweet Potatoes