

## INSPIRALIZED PANTRY ITEM LIST

Canned & Condiments		Spices		Dry Goods		Oils, Broths	
Diced tomatoes (14oz)	4	Dried oregano	1	Box of organic quinoa	1	Canola oil	1
Crushed tomatoes (14oz)	2	Dried basil	1	Bag of organic farro	1	Olive oil	2
Black beans (15oz)	3	Garlic powder	1	Box of pine nuts	1	Cooking spray (olive oil)	2
Chickpeas (15oz)	3	Red pepper flakes	1	Bag of walnuts	1	Balsamic vinegar	1
Cannellini beans (15oz)	3	Cayenne pepper	1	Bag of pecans	1	Red wine vinegar	1
Red kidney beans (15oz)	3	Chili powder	1	Bag of almonds	1	Sesame oil	1
Tuna fish	2	Paprika	1	Bag of sliced almonds	1	Rice vinegar	1
Agave	1	Smoked Paprika	1	Box of pepitas	1	Sherry vinegar	1
Dijon mustard	1	Curry powder	1	Bag of sunflower seeds	1	White vinegar	1
Peanut butter	1	Cinnamon	1	Whole wheat flour	1	Vegetable broth	4
Almond butter	1	Nutmeg	1			Chicken broth	2
Worcestershire sauce	1	Ground cloves	1			Beef broth	2
Sriracha sauce	1	Cumin	1				
Honey	1	Dried parsley	1				
		Dried thyme	1				
		Salt & pepper	1				
		Ground coriander	1				
		Bay leaves	1				