

Things to stock your pantry with that are handy for recipes:

Produce:

- Canned and frozen favorite varieties of fruits and vegetables
 - Chopped for easy addition to dishes
 - Combined in likely combinations for adding to recipes
- Fresh fruits and vegetables washed, trimmed, and stored in containers in refrigerator
 - Cut into ready to eat and ready to cook pieces
- Dried fruit varieties

Proteins:

- Nuts and seeds
 - Bulk (chia, sesame, sunflower, pumpkin, etc.)
 - Nut and seed butters
- Beans and legumes
 - Dried and canned or frozen
 - Bean and legume paste (hummus)
- Frozen and canned lean meats, seafood, and poultry
 - Separated and stored in ready to prepare portions
 - Storing in separate wrapping for small meals
 - Storing in bag with marinade in freezer
 - Storing in freezer pre-chopped for easy addition to recipes
- Soy products
 - Soybeans
 - Dried, roasted, frozen (edamame)
 - Tofu
 - Tempeh

Grains:

- Whole grain bread
- Whole grain tortilla/wraps
- Whole grain pasta varieties
- Bulk grains (whatever your preference)
 - Whole grain/wild rice
 - Quinoa
 - Cornmeal
 - Oats
 - Polenta
 - Hominy
 - Popcorn
 - Bulgur
 - Buckwheat
 - Barely
 - Millet
 - Farro

Fats:

- Butter
- Olive oil
- Sesame oil
- Coconut oil

* Avocado, nuts, seeds, legumes, coconut, olives, cream, nut butters, and mayo are all considered fats although they also fit into other 'groups'*

Flavoring agents:

- A variety of dried herbs, peppers, and spices come in handy for quickly throwing recipes together
- Sweeteners such as honey, dates, raisins, concentrated juice, and artificial sugar substitutes
- Cocoa powder
- Chili sauces and salsas
- Greek yogurt
- Fish sauce
- Vinegar
- Citrus juices