

the perfect pantry

stock the perfect pantry and last minute meals are made easy



	need	have		need	have	my extras	need	have
onions			olives					
garlic			beef stock (liquid)					
potatoes			chicken stock (liquid)					
couscous			canned salmon					
breakfast cereals			canned tuna					
coffee			canned tomatoes					
tea			canned vegetables					
cordial			canned fruit					
jam			evaporated milk					
vegemite			rolled oats					
peanut butter			plain flour					
honey			self raising flour					
drinking chocolate			brown sugar					
savoury crackers			caster sugar					
sweet biscuits			golden syrup					
tomato sauce			maple syrup					
dried pasta			cocoa powder					
lentils			dessicated coconut					
dried egg noodles			dried breadcrumbs					
rice			dried fruits					
oils			nuts					
vinegar			cooking chocolate					
asian sauces			100s & 1000s					
coconut milk			baking powder					
coconut cream			bicarbonate of soda					
prepared curry paste			gelatine					
pasta sauce			vanilla essence					
pesto sauce			spices					
tomato paste			dried herbs					
canned chickpeas			salt & pepper					
canned red kidney beans			mustard					
canned cannellini beans			mayonnaise					
canned spaghetti			tabasco sauce					
canned baked beans			worcestershire sauce					