



Pantry Staples Shopping List

Canned Goods

- Canned beans
- Canned soups and chilis
- Marinara Sauce
- Chicken/beef/vegetable stock

Grains

- Rice
- Quinoa
- Oats
- Popcorn
- Pasta

Proteins

- Jerky
- Tuna
- Sardines
- Salmon
- Protein bars

Baking

- Swerve
 - Brown
 - Granular
 - Confectioners
- Swerve Bake Mixes
 - Chocolate, Vanilla Cake Mix
 - Pancake and Waffle Mix
 - Chocolate Chip Cookie Mix
- Flours: almond, coconut, all-purpose

Nuts & seeds

- Nuts: almonds, pecans, cashews, walnuts, hazelnuts
- Seeds: sunflower seeds, pumpkin seeds
- Nut butter of choice

Long-Lasting Perishables

- Apples

- Garlic
- Onions
- Cabbage
- Citrus fruits: oranges, lemons, limes
- Root vegetables: potatoes, parsnips, carrots
- Cheese
- Butter
- Eggs

Frozen Products

- Fruits: mixed berries, mango, pineapple, bananas, peaches
- Vegetables: peas, broccoli, carrots, spinach, riced cauliflower, green beans
- Frozen chicken breasts, salmon filets
- Cauliflower crust pizzas
- No/low sugar ice cream

Beverages

- Bottled water
- Shelf-stable almond and coconut milk
- Wine and other alcoholic beverages of choice!

Other

- Spices
- Oils: olive, coconut, avocado
- Dried fruit
- Prescription medications
- Supplements
- Paper towels
- Napkins