

# PANTRY STAPLE GROCERY LIST

## PRODUCE

1 large knob ginger  
2 heads garlic  
Scallions or chives  
1 carrot  
4 bell peppers (3 red, 1 green)  
Rosemary  
2 lemons  
2 limes  
2 large sweet potatoes  
1 head kale  
Small yellow onion  
2 large shallots

## DAIRY & EGGS

1 dozen eggs  
Milk of choice  
1 block Mexican Cheese (or  
pre-shredded)  
2 lb. fresh mozzarella  
2.5 oz. Pecorino Romano/Parmesan

## MEAT & POULTRY

1 lb. turkey breakfast sausage  
1 lb. skinless, boneless chicken thighs

## BREADS, GRAINS, & PASTAS

2 lb. long grain brown rice  
Crusty bread (preferably whole wheat)  
8 Whole wheat tortillas  
8 oz. spaghetti (or other long pasta)

## CANS & JARS

2 15 oz. cans butter beans  
2 15 oz. can black beans  
2 quarts low sodium chicken broth  
Tahini  
Pizza Sauce  
Dijon Mustard

## BAKING & OILS

Brown Sugar  
All-Purpose Flour  
Active Dry Yeast  
White Sugar

## SPICES & CONDIMENTS

Low-Sodium Soy Sauce  
Fish Sauce  
Sesame Oil  
Rice Vinegar  
Neutral Oil (Grapeseed, canola, etc.)  
Olive Oil  
Apple cider vinegar  
Oregano  
Onion Powder  
Chili Powder  
Smoked Paprika  
Cayenne  
Table Salt  
Pepper Grinder

## FROZEN FOODS

Frozen Broccoli  
Frozen Vegetable Mix  
Shredded Potatoes

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