



pantry checklist:

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|---------------------------------------|---|---|
| <input type="checkbox"/> grains | <input type="checkbox"/> tahini | <input type="checkbox"/> spices |
| <input type="checkbox"/> legumes | <input type="checkbox"/> sea vegetables | <input type="checkbox"/> egg replacer |
| <input type="checkbox"/> polenta | <input type="checkbox"/> misc asian ingredients | <input type="checkbox"/> non-dairy milk |
| <input type="checkbox"/> broth | <input type="checkbox"/> nutritional yeast | <input type="checkbox"/> baking ingredients |
| <input type="checkbox"/> nuts | <input type="checkbox"/> bread crumbs | <input type="checkbox"/> salsa |
| <input type="checkbox"/> dried fruits | <input type="checkbox"/> sauerkraut | <input type="checkbox"/> hot sauce |
| <input type="checkbox"/> seeds | <input type="checkbox"/> vinegar | <input type="checkbox"/> ----- |
| <input type="checkbox"/> sweeteners | <input type="checkbox"/> misc condiments | <input type="checkbox"/> ----- |
| <input type="checkbox"/> oils | <input type="checkbox"/> coconut water /milk | <input type="checkbox"/> ----- |
| <input type="checkbox"/> nut butters | <input type="checkbox"/> pasta , sauce, .. | <input type="checkbox"/> ----- |

notes