The basic pantry

Your kitchen staples. Go through it before every big shop.

ITEM	HAVE	BUY
Dry goods		
Brown rice		
Whole-wheat pasta		
Couscous		
Rolled oats		
Red lentils		
Chickpea flour		
Cans		
Cooked chickpeas		
Lentils		
Beans		
Crushed tomatoes		
Tuna and sardines in water or olive oil		
Corn		
Oils and acids		
Extra-virgin olive oil		
Apple cider vinegar or sherry vinegar		

ITEM	HAVE	BUY
Spices		
Salt		
Black pepper		
Sweet and hot paprika		
Cumin		
Oregano		
Garlic powder		
Curry powder		
Cinnamon		
Condiments		
Mustard		
Soy sauce or tamari (gluten-free)		
100% peanut butter		
Freezer		
Spinach		
Broccoli		
Peas		
A loaf of sliced whole-grain bread		
Fresh foods that keep		
Eggs		
Onions		
Garlic		
Potatoes		
Lemons		
Carrots		

> You buy it once and restock when it runs out. With this at home you can always improvise a decent meal (Plan B, chapter 28).