

Girl Appetit



@GIRLAPPETIT

PANTRY ESSENTIALS & SPICE LIST

My ultimate kitchen master list, complete with all of my pantry essentials, spices & more.

SPICES

- salt
- black pepper
- garlic powder
- turmeric powder
- curry powder
- cumin
- smoked paprika
- Italian seasoning
- ginger powder
- ground cinnamon
- dry dill
- nutmeg
- oregano
- taco seasoning
- chili flakes

OILS & VINEGARS

- coconut oil
- avocado oil
- olive oil
- sesame seed oil
- rice wine vinegar
- apple cider vinegar
- balsamic vinegar

SNACKS & TREATS

- grain free chips
- grain free puffs
- chocolate chips
- rice cakes
- nut butter
- vegan cookies

CANNED GOODS

- garbanzo beans
- pinto beans
- black beans
- kidney beans
- refried beans
- tomato paste
- unsweetened coconut cream
- light coconut milk
- fire roasted tomatoes
- crushed tomatoes
- olives
- heart of palm

CONDIMENTS, SAUCES & MARINADES

- mayonnaise
- organic ketchup
- bbq sauce
- teriyaki sauce
- chili paste
- mustard
- hot sauces
- soy sauce
- enchilada sauce

DRY GOODS

- gluten free oatmeal
- brown rice pasta
- basmati rice
- quinoa
- lentils
- taco shells