

SAVORY SIMPLE MASTER GROCERY LIST

FRIDGE & FREEZER	PANTRY	BAKING	CONDIMENTS
Unsalted butter	Canned tomatoes	All-purpose flour	Extra virgin olive oil
Large eggs	Canned tomato sauce	White granulated sugar	Grapeseed oil
Milk	Tomato paste	Brown sugar	Cooking spray
Cream	Marinara sauce	Confectioners' sugar	Toasted sesame oil
Parmesan cheese	White beans	Unsweetened cocoa powder	Balsamic vinegar
Cheddar cheese	Chickpeas	Baking soda	Apple cider vinegar
Bacon	Black beans	Baking powder	Red wine vinegar
Salmon filets	Pinto beans	Cornstarch	Sriracha
Italian sausage	Coconut milk	Active Dry Yeast	Cholula
Frozen peeled shrimp	Canned tuna	Pure vanilla extract	Honey
Chicken thighs	Long-grain white rice	Baking chocolate	Maple syrup
Chicken breasts	Pasta	Baking spray with flour	Dijon mustard
Ground beef	Breadcrumbs		Ketchup
	Quinoa	PRODUCE	Soy sauce
SPICES	Old-fashioned oats	Lemons	Mayonnaise
Kosher salt	Bread	Limes	Nut butter
Ground black pepper	English muffins	Spinach	BBQ sauce
Ground cinnamon	Cashews	Baby Arugula	Salsa
Ground cumin	Slivered almonds	Yellow Onions	Tahini
Chili powder	Pecans	Scallions	Miso paste
Cayenne pepper	Low-sodium chicken stock	Garlic	Worcestershire sauce
Crushed red pepper	Plastic wrap	Shallots	
Smoked paprika	Parchment paper	Broccoli	
Granulated garlic	Resealable plastic bags		
Whole nutmeg	Foil		