

kitchen store cupboard essentials

checklist

cupboard

- spaghetti
- pasta shapes
- rice
- noodles
- cous cous
- dried lentils
- nuts (peanut, walnut, pine nuts, almonds)
- porridge oats
- sultanas
- plain flour
- baking powder
- bread flour
- dried yeast
- caster sugar
- syrup
- icing sugar
- tinned tomatoes
- tinned beans (baked, kidney and chickpeas)
- tinned fish (tuna, sardines and anchovies)
- coconut milk
- salt
- pepper
- olive oil
- herbs/spices

fridge

- butter
- cheese (hard and soft)
- milk
- eggs
- natural yogurt
- tomato ketchup
- bbq sauce
- mayonnaise