

Pantry Basics Checklist

A simple checklist of common Mediterranean-style ingredients to keep on hand.

Grains / Bread	Beans / Cans	Oils / Vinegars	Everyday Extras
<input type="checkbox"/> Brown rice <input type="checkbox"/> Couscous <input type="checkbox"/> Whole-grain pasta <input type="checkbox"/> Whole-grain bread	<input type="checkbox"/> Chickpeas <input type="checkbox"/> White beans <input type="checkbox"/> Lentils <input type="checkbox"/> Canned tomatoes	<input type="checkbox"/> Olive oil <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Lemon juice	<input type="checkbox"/> Olives <input type="checkbox"/> Nuts <input type="checkbox"/> Seeds <input type="checkbox"/> Low-sodium broth

Fresh items to buy often

Tomatoes, cucumbers, leafy greens, zucchini, onions, garlic, lemons, herbs, yogurt, fish, eggs, chicken, and seasonal fruit.