

The \$5 Dinners Pantry Staples List

Canned Goods

Spaghetti Sauce
Tomatoes – Diced, Crushed, Puree, Paste
Diced Tomatoes with Green Chilies
Cream of Soups
Vegetables – Green Beans, Peas, Carrots, etc
Fruits – Peaches, Pears, Pineapple, Mixed
Tuna and Salmon
Olives
Mushrooms
Soups/Broths
Peanut Butter

Dry Goods

Brown Rice and White Rice
Beans – Red, Black, Pinto, White
Lentils
Pastas
Barley
Onion soup mix
Bread crumbs
Cereal
Popcorn
Coffee

Refrigerator

Eggs
Yogurt
Sour Cream
Cottage Cheese
Delimeats
Sliced Cheeses
Produce
Creamer
Milk
Juices
Condiments – Ketchup, Mustard, Salad Dressings, Vinegars, Mayo, BBQ Sauce

Baking Necessities

Whole wheat flour
White flour
Sugar -White, Brown, Powdered
Baking Cocoa
Baking Powder
Baking Soda
Salt
Kosher Salt
Oatmeal
Cornmeal
Vanilla
Extracts – Mint, Lemon, Almond
Oils – Olive, Canola, Vegetable
Yeast
Chocolate chips
Dried fruits

Spices

Italian seasonings
Ground Cumin
Chili powder
Garlic powder
Onion powder
Cinnamon
Cream of Tarter
Nutmeg
Ground Ginger
Ground Allspice
Dill
Honey

Freezer

Chicken – BS Breasts, Thighs, Split, Drumsticks
Beef – Ground, Steak, Roast
Pork – Chops, Roast
Veggies – All varieties
Shredded Cheese
Frozen juices