

PANTRY

- Water (we have an RO System so I don't buy water on regular basis but like to have around 3-4 cases in case for anything that we might need it for)
- Coffee / Tea (we ground our own coffee beans and for a month supply I like to have about 4 big bags of beans)
- Sweetener that you use (I like to have a bag of brown and white sugar, bag of monk fruit, stevia and a jar of honey and maple syrup)
- Bagged beans (go a lot further than canned)
- Canned tomatoes (I buy a case from Costco)
- Bottled tomatoes (sauce kind that has just tomatoes)
- Tomato Paste
- Steel Cut Oats
- Rolled Oats (I like these for baking and granola)
- 22lb AP flour
- Any other specialty flour that you may need
- Pancake mix (I use Kodiak and buy 2 boxes)
- Cereal (I buy one big box we are not big on cereal)
- Broth (I buy a case. I use a lot of broth and usually use my own but in case I run out I like to have back up)
- Pasta (I buy the 6packs from Costco)
- Semolina (to make my own pasta)
- Bag of Rice (I buy a big bag it lasts me for a lot longer than a month)
- Big bag of Potatoes
- Big Bag of Onions (I buy red and white)
- Garlic (I like to get fresh but you can also get jarred)
- Peanut butter
- Box of Salt
- Black Pepper
- Any other type of seasoning that you use on regular basis
- Cooking oil
- Salad Oil
- Coconut Oil
- Vinegar (cooking, cleaning, salads)
- Baking Soda
- Baking Powder
- Vanilla
- Chocolate Chips.
- Soup noodles

FRIDGE / FREEZER

- Frozen fruit and vegetables
- I like to have enough meat in the freezer to last me a month (ground pork, turkey, beef, steaks, pork loin, pork tenderloin, whole chickens, chicken breasts, fish, whole turkey halved, soup bones, Beef for roasts and stews etc)
- Bag of French fries
- Frozen pizza
- Box of chicken strips
- Sausages and Hamburgers (we make our own sausages so I have them in the freezer and I also make Hamburgers myself so I need to have ground meat on hand)

- Mayo
- Ketchup
- Mustard
- Yeats
- Eggs (I buy couple flats, they keep long in the fridge)
- Fruit (properly stored can keep in a fridge for a while. We usually eat fruit that will go bad faster first and then save apples for later)
- Vegetables (same way as fruit)

PETS

- Dog food
- Bird food
- Dog treats
- Medicine
- Poop bags

OTHER SUPPLIES

- Cleaning products
- Bleach
- Paper Towel (I typically don't use it but I have a new puppy and don't want to wash poopie rags)
- Laundry supplies
- Trash bags
- Food Storage bags
- Wipes
- Face Masks
- Gloves
- Feminine Products
- Hand Sope
- Hand Sanitizer
- Toothpaste / floss
- Deodorant
- Razors
- Body Soap / Shampoo/ Conditioner
- Body Lotion
- Lip Balm
- Tissues
- Toilet Paper
- Prescription Meds
- Vitamins
- Painkillers
- Allergy Meds
- Cold Medication
- Antiacid
- Anti nausea
- Anti diarrhea