

# Table of Contents

---

## **Introduction**

## **Pantry (Dry Goods)**

**Cans**

**Carbs**

**Nut Butters**

**Crunchies**

**Oils**

**Cooking Liquids**

**Flavor Bombs**

## **Refrigerator**

**Dairy**

**Dressings & Condiments**

**Smoked Fish**

**Eggs**

**Tortillas & Wraps**

**Fresh Produce**

## **Freezer**

**Proteins**

**Nuts**

**Dough**

**Vegetables & Fruit**

**Stock & Broth**

## **The Bar**

**Wine**

**Beer & Hard Cider**

**Spirits & Liqueurs**

**Mixers & Garnishes**

## **Planning**

**Try a Regular Schedule of Meals**

**Keep a List of Favorites**

**Be Flexible & Have a Backup**

**Clean Up**

**Breakfast & Lunch**

**Keep a Running Shopping List**

## **Mix & Match Ethnic Meals**

**Chinese**

**Italian**

**Indian**

**Greek**

**Latin**

## **Recipes**

**Mains**

**Salads**

**Snacks & Starters**

**Dressings, Condiments & Sauces**

**Desserts**

## **Shopping list**