

Cooking FOR BACHELORS TV

Eat Healthier • Live Greener • Save Money • Have Fun

www.cookingforbachelors.tv

FOOD STAPLES

These are items you should stock your house with. When you have these on hand you'll always be able to make a meal with your fresh ingredients.

REFRIDGERATOR

butter
cream cheese
milk
eggs
orange (or other) juice
garlic
onions

FREEZER

frozen peas
frozen orange juice
coffee
bread (keep frozen)

DRY

peppercorns
sea salt dijon mustard dry
oregano
paprika
cayenne pepper
nutmeg
sugar
flour
bread crumbs (flavored)
tea

DRESSINGS

extra virgin olive oil
safflower or sunflower oil
vinegar
 balsamic
 red wine

mayonnaise
ketchup
maple syrup
soy sauce
anchovies
hot sauce of your choice
honey
dijon mustard
jelly or jam

CANNED OR JARRED FOODS

olives
crackers
rice (Basmati or Jasmati)
canned beans x 2
canned tuna
canned chicken broth
sesame seeds
almond slivers
pine nuts
canned tomatoes (without salt)
tomato paste
peanut butter

NON-FOOD

aluminum foil
plastic wrap
zipper bags