

FOOD SENSE MASTER PANTRY ITEMS

PANTRY		
Ingredient	Ttl Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Chicken or Vegetable (Sodium-Reduced)	2 x 900 mL box (8 cups)	Soup
<input type="checkbox"/> Dijon Mustard	2 tbsp + 2 tsp	Salad, Kale Salad
<input type="checkbox"/> Honey	¾ cup + 1 tsp	Muffins, Salad, Stir Fry, Brownies, Slaw, Granola Bites
<input type="checkbox"/> Oil - Canola	1¼ cup	Most recipes
<input type="checkbox"/> Oil - Olive	2 cups	Most recipes
<input type="checkbox"/> Oil - Sesame	3 tsp	Hummus, Stir Fry,
<input type="checkbox"/> Peanut Butter	¾ cup	Stir Fry, Granola Bites
<input type="checkbox"/> Soy Sauce (Sodium-Reduced)	¼ cup	Stir Fry
<input type="checkbox"/> Vanilla Extract	4 tsp	Muffins, Apple Crisp, Brownies, Cookies
<input type="checkbox"/> Vinegar - Apple Cider	4 tbsp + 2 tsp	Salad, Ranch Dip, Stir Fry
<input type="checkbox"/> Worcestershire Sauce	1 tbsp	Kale Salad
Dry Pantry		
<input type="checkbox"/> Almonds (Sliced, Raw)	⅔ cup	Apple Crisp, Granola Bites
<input type="checkbox"/> Baking Powder	1 tsp	Brownies, Cookies
<input type="checkbox"/> Baking Soda	2 tsp	Muffins, Brownies, Cookies
<input type="checkbox"/> Chocolate Chips (Mini Semi-Sweet or Dark)	¾ cup	Brownies, Granola Bites
<input type="checkbox"/> Cocoa Powder	½ cup	Brownies
<input type="checkbox"/> Coconut (Unsweetened, Shredded)	½ cup	Cookies
<input type="checkbox"/> Corn Flakes	1½ cups, crushed	Chicken Strips
<input type="checkbox"/> Cornmeal	2 tbsp	Pizza
<input type="checkbox"/> Cornstarch	2 tsp	Soup
<input type="checkbox"/> Cranberries	¼ cup	Salad
<input type="checkbox"/> Dates	1¼ cup	Granola Bites
<input type="checkbox"/> Flour - Whole Wheat	5½ cups	Chicken Strips, Muffins, Fritters, Apple Crisp, Pizza, Cookies
<input type="checkbox"/> Lentils - Red	1 cup, dried	Lentil Soup
<input type="checkbox"/> Oats - Large Flake	4 cups	Muffins, Apple Crisp, Granola Bites, Cookies
<input type="checkbox"/> Pasta - Whole Grain (Penne, Rotini, etc.)	375g pkg (~4-5 cups)	Pasta
<input type="checkbox"/> Rice - Brown	1½ cup, dried	Curry
<input type="checkbox"/> Solid Chocolate Bar	1	To lead Mindful Eating Activity
<input type="checkbox"/> Sunflower Seeds (Raw, Unsalted)	½ cup	Salad, Granola Bites
<input type="checkbox"/> Sugar - Brown	1½ cup	Apple Crisp, Cookies
<input type="checkbox"/> Sugar - White	⅓ cup + 1 tsp	Brownies, Pizza
<input type="checkbox"/> Yeast - Active Dry Yeast	2 x 8 g packet (2¼ tsp)	Pizza

FOOD SENSE MASTER PANTRY ITEMS CONT...

PANTRY		
Ingredient	Ttl Quantity	Recipe
Cans + Other		
<input type="checkbox"/> Beans - Chickpeas	2 cans x 540 mL	Hummus, Curry
<input type="checkbox"/> Beans - Red Kidney	1 can x 540mL	Chili
<input type="checkbox"/> Beans - Black	2 cans (1 x 398mL + 1 x 540mL)	Brownies, Quesadillas
<input type="checkbox"/> Soda Water	2 x 2 L bottle (12 cups)	Party Water
<input type="checkbox"/> Tomatoes - Diced (No-Salt-Added)	3 cans x 796 mL	Lentil Soup, Curry, Chili
<input type="checkbox"/> Tomatoes - Whole/Plum (No-Salt-Added)	1 can x 796mL	Pasta
<input type="checkbox"/> Tomatoes - Crushed (No-Salt-Added)	1 can x 796mL	Pizza Sauce
<input type="checkbox"/> Tomato Paste (No-Salt-Added if available)	1 can x 156mL	Chili
<input type="checkbox"/> Muffin Liners	12	Muffins
<input type="checkbox"/> Parchment Paper	--	Various Recipes

BAKERY		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Pita - Whole Wheat (6")	4	Hummus
<input type="checkbox"/> Tortillas - Corn or Whole Wheat (Small)	12	Fish Tacos
<input type="checkbox"/> Tortillas - Whole Wheat (10")	6	Quesadillas

SPICES		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Chili Powder	6 tbsp + 2 tsp	Squash, Fish Tacos, Quesadillas, Chili, Curry
<input type="checkbox"/> Cinnamon - Ground	3 tsp	Muffins, Curry, Apple Crisp, Cookies
<input type="checkbox"/> Cumin - Ground	5 tbsp	Lentil Soup, Quesadillas, Chili, Curry, Fish Tacos
<input type="checkbox"/> Curry Powder	1 tbsp + 1 tsp	Lentil Soup, Curry
<input type="checkbox"/> Dill - Dried	½ tsp	Ranch Dip
<input type="checkbox"/> Garlic Powder	3 ¾ tsp	Chicken Strips, Ranch Dip, Squash
<input type="checkbox"/> Onion Powder	½ tsp	Ranch Dip
<input type="checkbox"/> Oregano - Dried	3 tsp	Frittata, Chili, Pasta, Pizza
<input type="checkbox"/> Paprika	3 tsp	Chicken Strips, Squash
<input type="checkbox"/> Parsley - Dried	2 tsp	Chicken Strips
<input type="checkbox"/> Red Pepper flakes (optional)	⅛ tsp	Pasta
<input type="checkbox"/> Thyme - Dried	1½ tsp	Lentil Soup, Broccoli Soup, Frittata
<input type="checkbox"/> Salt + Pepper	--	Most recipes