

Pantry List¹⁰¹

FRESH

MILK

- to add to breakfast cereals, as a snack or for sauces

EGGS

- to boil, poach, fry, in baking (sweet or savoury), to help combine ingredients such as patties

CHEESE (tasty, parmesan)

- to add flavour to dishes or as a snack

PLAIN YOGHURT

- to be used in meals, to make dips, as a condiment or in salad dressings

CANNED FOODS

CHICKPEAS, 3 BEAN MIX

- to add to salads, casseroles, rice dishes, Bolognese sauce or make hummus

COCONUT MILK

- to make a quick curry or even breakfast puddings

TUNA

- a lean protein that can be added to salads, pasta bakes, patties, wraps

TINNED TOMATOES

- to make pasta sauces from scratch, add to curries or stews

BAKING PRODUCTS

FLOUR (self raising & plain)

- to make sauces from scratch as well as healthy muffins/loaves with overripe fruit

DESICATED COCONUT

- for easy baked slices or crumbing alternative

COCOA POWDER

- to make things chocolatey

ROLLED OATS

- porridge, homemade muesli, slices/biscuits, crumbing alternative

GRAINS

PASTA

- preferably wholemeal for fibre, cooks in less than 10 minutes and can provide a base for a wholesome meal

RICE

- as an easy side to stir fries, curries, casseroles

QUINOA

- as a higher nutrient option to rice and pasta, but versatile for sweet or savoury dishes (porridge, salads, side dish)

SOY SAUCE - use as a marinade, to flavour stir fries and as a dressing

EXTRA VIRGIN OLIVE OIL - important for the start of most dishes and dressing of foods

HONEY - as an alternative to sugar in baking

VINEGAR - recommend balsamic for salads and roasting vegetables

MUSTARD - use in salad dressings, as a condiment to meats or in stews to enhance flavours

STOCK POWDER/LIQUID - to flavour foundation for soups, stews, casseroles

HERBS & SPICES (thyme, oregano, chilli flakes, bay leaves, Moroccan) - for a healthier hit of flavour. Avoid packet sauces as they are high in salt and hidden sugars.