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***THE GOURMET'S PANTRY SHOULD BE STOCKED WITH THE FOLLOWING:***  
(bolded items are indispensable)

**ESSENTIALS:**

Variety of **spices & Herbs**—fresh & dried

Brown Mustard (like poupon)

Variety of **vinegars**, including flavored  
& balsamic

Extra virgin **olive oil**, canola, sesame  
and flavored varieties

Basil Pesto (easy to prepare fresh in the  
summer)

**Lowfat vinaigrette dressings &  
marinades**

**Soy sauce** (low sodium is preferable)

Teriyaki sauce, Memmi

**BBQ sauce & Steak sauce**

**Worcestershire sauce**

Hot pepper sauce like **Tabasco**

Honey, molasses

**Nonfat plain yogurt**

**Fresh fruits & vegetables**

Variety of **nuts & seeds**—keep  
refrigerated, or frozen

**Garlic & ginger** – fresh or jarred:  
minced or peeled whole

**Fresh Lemon & lime & orange**

**Canned (or jarred) vegetables**

Artichoke hearts

Corn

Peppers, including jalapeños, & roasted

Olives

Variety of **beans**

Canned Fruit (pineapple, pears & peaches)

Fruit preserves

Pumpkin—plain

**Diced Tomatoes**

**Tomato sauce**- marinara is lowest in  
fat (ck labels)

Tomato paste & chili sauce

Canned **Tuna** packed in water

Canned **Chicken**

Lowfat evaporated milk

**Wine**, sherry, brandy

Vegetable Juice like V-8

Boxed apple juice

**Low sodium & fat free chicken & beef  
& vegetable broths**—organic  
are best

Variety of rice, including wild and brown

**OPTIONAL, NICE TO HAVE:**

Plain ground roasted peanut butter

Variety of whole grains

Variety of dried fruit

Variety of salsas

Canned salmon, clams, crabmeat

Lowfat Coconut milk

Sun dried tomatoes & pesto/puree

Chutneys

Tapenade

Hoisin Sauce

Fish sauce

Water chestnuts

OF COURSE you want to be sure that your products are **GE free** and primarily from organic sources, to minimize exposure to hormones, antibiotics, pesticides, herbicides and genetically engineered ingredients. (GE = Genetically Engineered)