# Pantry Staples <br>  <br> \& POSSIBLE MEALS IDEAS 

Grocery shopping for our family of 17 ( 15 children and two parents) has always been monumental! This is why I have created printable tools to help simplify the whole process. I share them in hopes they will help you, too.

These lists are neither exhaustive nor definitive. Glean what you can from them and then change them according to your likes and needs. Cross out any nonsense you find and feel free to fill in the blank lines provided as you see fit.

## S TAR GHE S

| Rice-the big bags are cheapest, and I prefer parboiled to brown rice |
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| Potatoes-in multiple forms; baking, French fries, hash browns, etc. |
| Pasta-very big around here; we like all types, including ramen |
| Flour-both white (which I supplement with wheat germ) and whole <br> wheat |
| Corn meal and/or cornbread mix |
| Loaf bread and buns (whole-wheat) |
| Tortillas |
| Taco shells |
| French bread |
| Pretzels |
| Chips (potato, plain) |
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FRUITSANDVEGGIES

| Carrots-the large ones are cheaper than the baby ones, although <br> we do go for the convenience at times |
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| Celery |
| Lettuce or salad (or coleslaw) mix |
| Cucumbers, when they are cheap |
| Fresh tomatoes-usually roma since they are the cheapest |
| Sweet peppers-green unless the red ones are on sale |
| Red onion-I buy about one a week since only a few of us enjoy fresh <br> onion, and the red variety is so much easier on the digestive system <br> than the white or even the yellow. <br> Canned, diced tomatoes <br> Tomato paste (I have found that tomato sauce is a waste of money) <br> Canned green beans <br> Canned corn <br> Frozen veggies such as carrots and peas for soup <br> Apples <br> Bananas <br> Oranges <br> Berries when in season and/or on sale <br> Frozen fruits such as berries and cherries <br> Melons when in season or on sale <br> Canned fruit such as pineapple, peaches, and pears <br> Applesauce <br> Frozen veggies, especially the bags for steaming from Sam's <br>  <br>  <br>  |
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D A I R Y

| Whole milk-here is just one link which expounds the benefits of <br> dairy fat <br> Real butter-see the link above <br> Sliced Colby or any other "orange" cheese <br> Shreddded "range" cheese (we purchase our shredded cheeses in <br> huge bags then repackage in smaller bags and freeze) <br> Shredded mozzarella <br> Parmesan <br> Yogurf for special or when on sale <br> Sour cream <br> Cottage and cream cheese when called for <br>  <br>  <br>  <br>  <br>  <br>  <br>  <br>  <br>  <br>  <br>  <br>  |
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P R O T E I N S
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| Hamburger (we precook it in bulk and the packit in meal-sized bags |
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| in the freezer) |
| Chicken (boneless-skinless breasts oven-roasted and in bags in the |
| freezer) |
| Meatballs |
| Hamburger patties |
| Bacon |
| Smoked sausage |
| Hot dogs (we buy these in bulk, repackage, and freeze) |
| Breakfast sausage |
| Pepperoni |
| Dried legumes |
| Canned legumes |
| Peanut butter |
| Eggs |
| Pork roast and chops |
| Roast |
| Stew meat |
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CONDIMENTS SPIGESAND BAKING

| Ketchup |
| :--- |
| Mustard |
| Mayonaise |
| Ranch dressing |
| Barbeque sauce |
| Teriyaki sauce |
| Soy sauce |
| Salsa |
| Pickles |
| Raw apple cider vinegar |
| Lemon juice |
| Blackstrap molasses |
| Pancake syrup |
| Jelly or jam |
| Brown gravy mix (in bulk from Sam's it is very cheap, otherwise it <br> works out to something like $\$ 40$ a pound in those little packets!) |
| Chicken and beef broth cubes or powder |
| Canned cream soup |
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| Onion powder |
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| Garlic powder |
| Taco seasoning (again, in bulk from Sam's) |
| Cornstarch |
| Baking soda |
| Baking powder |
| Instant, dry yeast |
| Wheat germ |
| Cooking oil |
| Baking spray |
| Cinnamon |
| Ginger |
| Cloves |
| Salt |
| Pepper |
| Curry seasoning |
| Brown sugar |
| Powdered sugar |
| Cake mixes (only if they are \$1 or less on sale) |
| Chocolate chips |
| Craisins |
| Other dried fruit such as raisins, mangoes and cherries |
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B R E A K F A S T

| Cereal and toast w/butter and jelly |
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| Cheese omelets and toast w/butter and jelly |
| Scones with fruit and tea |
| Waffles (with wheat germ and sometimes fruit) with butter, syrup, <br> and milk |
| Muffins with fruit and tea or milk |
| Bacon, eggs, and hashbrowns |
| Huevos rancheros |
| Biscuits and gravy |
| Egg and cheese muffins |
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S N ACKS AND SWEETS

| Homemade cookies and bars of all types |
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| Cheese sticks |
| Fresh fruit |
| Carrots and other fresh veggies |
| Quick breads such as banana, pumpkin, and lemon |
| Muffins |
| Jello |
| Rice pudding |
| Carrot cake |
| Graham crackers |
| Corn chips and salsa |
| Cinnamon rolls |
| Cakes |
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DINNERSAND S UPERS

| Spaghetti |
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| Hamburger beef Stroganoff |
| Taco bar |
| Pizza (homemade with crust from scratch) |
| Hamburgers and fries |
| Beef gravs over mashed potatoes or rice |
| Fried canned salmon croquettes and fries |
| Beans and cornbread |
| Mexican beans and sides (such as tortillas, salsa, cheese, sour <br> cream, fresh tomato, etc.) |
| Nachos |
| EZ, PZ chicken, cheese and rice (a recipe my oldest daughter made <br> up that herc children justlove, and so do her younger siblings) |
| Meatball soup |
| Pasta with vegetable sauce |
| "Cheezie erains"-essentially macaroni with butter and cheese, an |
| absolute favorite with the little girls |
| Cold pasta salad |
| Roasted potatoes with sausage |
| Fried potatoes with sausage |
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| Homemade chili |
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| Potato soup |
| Stew |
| Mac and cheese |
| Salad with meat, eggs, and cheese |
| Chinese fried rice |
| Omelets |
| Sandwiches of every type (including pbj's, baloney (yes, we eat ba- <br> loney and we like it!), lunch meat, tuna, chicken salad, egg salad, <br> etc.) |
| Quesadillas |
| Chicken pot pie |
| Chicken noodle soup from scratch |
| Meat, such as roast, barbeque-baked chicken, or chops, with stuff- |
| ing or potatoes |$|$|  |
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