

Fridge & Pantry

ESSENTIAL INGREDIENTS FOR EVERY HOME COOK GUIDE

Simple staples for delicious,
everyday cooking

Cook Style Eat with Monica





Running to the supermarket for every little thing can sometimes feel daunting, especially when trying to get food on the table. But instead, you're back at the store for the third time this week for items needed.

Whether you're a seasoned cook or just starting your culinary journey, having a well-stocked kitchen is essential for easily creating delicious meals. This guide will walk you through the must-have ingredients for your fridge and pantry, ensuring you is always prepared to whip up everything from quick weeknight dinners to impressive dishes for special occasions.

From fresh produce and dairy to versatile grains and spices, these essentials form the foundation for flavorful and stress-free cooking. Let's explore how to turn your kitchen into a haven of inspiration and taste!

HAPPY STOCKING,

Monica



REFRIGERATED ESSENTIALS:

1. DAIRY

MILK (OR PLANT-BASED ALTERNATIVES)
BUTTER
CHEESE (CHEDDAR, MOZZARELLA, PARMESAN)
YOGURT
EGGS

2. FRESH PRODUCE

LEAFY GREENS (SPINACH, LETTUCE, KALE)
CARROTS
BELL PEPPERS
LEMONS AND LIMES
FRESH HERBS (PARSLEY, CILANTRO, BASIL)

3. CONDIMENTS & SAUCES

MAYONNAISE
MUSTARD
KETCHUP
HOT SAUCE
SOY SAUCE

4. PROTEINS

CHICKEN BREASTS
GROUND BEEF OR TURKEY
TOFU
DELI MEATS

5. OTHERS

FRESH BERRIES OR GRAPES
HUMMUS
SALSA

TIP: STORE HERBS IN A GLASS OF WATER WITH A PLASTIC BAG
OVER THE TOP - THEY'LL LAST LONGER

Pantry Essentials:

1. Grains & Pasta

Rice (white, brown, jasmine, or basmati)

Pasta varieties

Quinoa

Oats

2. Baking Essentials

All-purpose flour

Bread Flour

Cake Flour

Cornmeal

Sugar (white, brown, and powdered)

Baking powder and baking soda

Vanilla extract

Chocolate chips

3. Canned Goods

Canned tomatoes

Beans (black, kidney, chickpeas)

Tuna or salmon

Coconut milk

Soup stock or broth

4. Spices & Seasonings

Salt and pepper

Garlic powder

Onion powder

Paprika

Cinnamon

Italian seasoning

Chili flakes



5. Oils & Vinegars

Oils (Vegetable, Canola, Olive Oil, Cooking Spray)

Kinds of vinegar (balsamic, apple cider, white)

6. Snacks & Quick Food

- a. Crackers
- b. Peanut Butter, Almond Butter, or Cookie Butter
- c. Nuts and seeds
- d. Dried fruits
- e. Popcorn kernels

7. Miscellaneous

Coffee and tea

Honey or maple syrup

Nutella or other spreads

Tip: Rotate pantry items so older ingredients are used first

Seasonal Produce Highlights

- Spring: Peas, asparagus, rhubarb
- Summer: Berries, peaches, zucchini, corn
- Fall: Apples, pumpkins, brussel sprouts, sweet potatoes
- Winter: Citrus fruits (oranges, grapefruits), kale, winter squash



1. Essentials for Different Types of Cuisine:

Italian Cuisine Essentials

Refrigerated: Fresh mozzarella, ricotta cheese, pesto, fresh basil

Pantry: Arborio rice (for risotto), sun-dried tomatoes, capers, pasta varieties (like spaghetti, rigatoni), tomato paste, Italian herbs (oregano, basil, thyme), balsamic glaze

Asian Cuisine Essentials

Refrigerated: Miso paste, tofu, kimchi, fresh ginger, bok choy

Pantry: Rice vinegar, mirin, sesame oil, hoisin sauce, fish sauce, rice (jasmine or sushi), nori sheets, dried shiitake mushrooms, sriracha, ramen noodles

Mexican Cuisine Essentials

Refrigerated: Queso fresco, limes, jalapeños, corn tortillas, cilantro

Pantry: Black beans, pinto beans, chipotle peppers in adobo, masa harina, canned green chilies, cumin, chili powder, Mexican hot chocolate, salsa verde

Middle Eastern Cuisine Essentials

Refrigerated: Labneh, feta cheese, tahini, fresh mint

Pantry: Chickpeas, bulgur wheat, za'atar, pomegranate molasses, sumac, couscous, harissa paste, dried apricots, pistachios



2. Essentials for Dietary Preferences:

Plant-Based/Vegan Essentials

Refrigerated: Plant-based milk (oat, almond, soy), tofu or tempeh, dairy-free yogurt, nutritional yeast, seitan, vegan butter

Pantry: Lentils, chickpeas, coconut oil, cashews (for making creamy sauces), jackfruit, chia seeds, flaxseed, agave syrup, vegan protein powder

Gluten-Free Essentials

Refrigerated: Gluten-free bread, dairy-free yogurt (if needed), fresh vegetables

Pantry: Gluten-free pasta, quinoa, rice flour, almond flour, gluten-free oats, tapioca flour, tamari (gluten-free soy sauce), gluten-free breadcrumbs

Low-Carb/Keto Essentials

Refrigerated: Heavy cream, cream cheese, full-fat cheeses, low-carb vegetables (zucchini, cauliflower, leafy greens), eggs

A Style Note: Start with your Favorite cuisine and build from there



Grocery List Shopping



Date :

S

M

T

W

T

F

S



Snack and Beverage

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Canned | Frozen

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Vegetable and Fruit

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Vitamin and Supplement

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Dairy | Cheese | Egg

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Bread | Pasta | Grains

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Style It Your Way – Kitchen Styling Tips

Your kitchen is more than a place to cook—it's a space where creativity meets comfort. With a few intentional touches, you can transform your kitchen into a stylish, functional, and inspiring part of your home. Here's how to do it your way, without breaking the bank.

1. Pretty & Practical Storage

Glass Jars with Labels:

Store dry goods like rice, flour, sugar, and lentils in clear jars with handwritten or printed labels. It looks elegant and helps you see what you have.

Stackable Baskets or Bins:

Use matching wire or bamboo baskets in your pantry for snacks, canned goods, or baking items. Label them for quick grab-and-go access.

Lazy Susans:

Perfect for storing oils, vinegars, or spices in cabinets or on counters while keeping them accessible and tidy.

2. Bring in Warmth with Natural Elements

Wooden Accents:

Cutting boards, spoon holders, or open shelving in natural wood tones add charm and texture.



Bring in Warmth with Natural Elements Cont'd

Fresh Herbs in Pots:

Keep a small pot of basil, thyme, or rosemary on your counter or windowsill for a pop of green and a burst of freshness in your cooking.

Woven Trays or Bowls:

Use them to hold fruit or countertop essentials like salt, pepper, and olive oil.

3. CHOOSE A COLOR PALETTE THAT REFLECTS YOU

Go neutral and elegant with whites, creams, taupe, and black with gold or copper accents.

Or bring in soft, stylish pastels like sage green, dusty rose, or light blue for a modern farmhouse feel.

Add interest through textiles: tea towels, potholders, and aprons in colors or prints that match your aesthetic.

4. Budget-Friendly Style Tips

Check stores like Target or HomeGoods for chic, affordable Kitchen finds.

Thrift stores and flea markets are treasures for unique jars, vintage kitchenware, or quirky little signs.

Remember: You don't need a full renovation to feel at home in your kitchen. A few small changes can elevate your cooking space into something that reflects you, your taste, your style.



Let's Stay Connected.

@cook style eat with monica



