

Cupboard staples



If you have a fridge or freezer you can swap your tinned vegetables for fresh or frozen!

Staple condiments

Adding flavour when cooking is important to enjoying your meals



1 or 2 different oils



Vinegar



Mustard



Salt and pepper



Spices (Curry, curcuma, paprika, turmeric, ginger,...)



Dried herbs (Basil, thyme, mixed herbs,...)



Onions, shallots and garlic

Handy vegetables

To add to your recipe



Heart of palm or artichokes



Soya beans sprout, corn,...



Green beans



Peas



Tomatoes

Cakes and pastries



Sugar



UHT milk or milk substitute



Flour, maizena corn flour



Chocolate



Eggs



Puff pastry

Grains, legumes and starchy food

A basic for many meals - aim for wholemeal



Pasta



Rice



Couscous, quinoa, ..



Legumes (Lentils, chickpeas, beans,...)



Potatoes

Tinned fish and crustacean



Tuna



Mackerel



Sardines



Crab

