

Frugal May Days - Starting Pantry

Pantry

	Grains		Convenience Foods		Canned Goods		Misc.
	Steel Cut Oats	3x	Idahoan Mashed Potatoes	3x	Tomatoes - Crush w/ Basil 28 oz.	10 Tbs	Chia Seeds
	Pearled Barley		Basmati Ready Rice		Tomato Sauce - 28 oz.		Choc Chips
	Sorghum		Applesauce Cups		Pumpkin - 29 oz.		Peanut Butter
	Wheat Berries	2x	Southwest Chick w/ Quinoa Soup		Beets 14.5 oz.		Craisins
	Bulgur Wheat		Cocktail Peanuts		Chickpeas		Prunes
1/2c.	Farro				Pears		Hazelnuts
1/2c.	Millet				Mandarin Oranges		Walnuts
	Grits						Shredded Coconut
	Jasmine Rice						Pasta
	White Rice		Mixes		Condiments		Asian Egg Noodles
	Biryani Rice		Blueberry Muffin		Ketchup		Red Lentils
	Old Fashioned Oats		Corn Muffin		PB2		Split Peas
	10-Grain Cereal		Butter Golden Cake		PB2 Choc		Almond Meal

Freezer

	Meat		Convenience Foods		Leftovers		Single Serve Leftovers
	Chicken Thighs (bone-in, skin-on)		Frozen Pizza		Pulled Pork		Noodle Soup
1.5 lbs.	Bacon		Breakfast Sausage Links		Breakfast Meatloaf	3x	Chana Masala
2x	Chicken Breasts		Frozen Berry Blend		Ham		Pork Fried Sorghum
	Ham Bone		Frozen Tropical Medley	4x	Choc Hazelnut Pancakes	2x	Sausage Stuffed Potatoes
	Pork Chops		Gorton's Beer Battered Fish	4x	Portuguese Cornbread	2x	Frozen Burritos
1.5	Meatballs			4x	Cranberry Sauce	1x	Breakfast Burrito
	Morcilla		Veg		Raisin Swirl Bread		
	Chourico	1.5x	Green Beans	5 bags	PopPop's Meat Sauce		
	Pork Breakfast Sausage	2x	Peas		Homemade Chicken Stock		Misc
1 lb.	85% Ground Beef		Water Chestnut Snap Pea Blend		Homemade Duck Stock	1 lb.	Butter
	Haddock Filets		Asian Stir Fry				Lemongrass
			Corn				

Fridge							
	Fruit/Veg		Beer		Convenience Foods		Condiments
	Lettuce		Sam Adams Irish Red		Hummus Cups		Ketchup
	Celery		Guinness		Raspberry Fruit Spread		Chili Garlic Sauce
	Carrots				Coconut Butter		Piri Piri Sauce
	Parsley				Salsa		Ah-So Chinese BBQ Sauce
	Bananas				Pickles		Korean BBQ Sauce
	Lime				Black Olives		Teryiaki Sauce
2	Bunch Scallions				Peach Preserves		Hoisin Sauce
	Thai Chiles				Parmesan Cheese		A1 Sauce
	Onions				Tomato Paste		Light Olive Oil Mayo
	Garlic				Maraschino Cherries		Blue Cheese Dressing
2	Sweet Plantains				Lite Chocolate Syrup		Sweet Chili Sauce
	Apples				Pillsbury Crescent Rounds		Grainy Mustard
	Oranges				Plain Yogurt		Hickory BBQ Sauce