Pantry
INVENTORY LIST

WHAT YOU HAVE, WHAT RAN OUT, WHAT TO USE FIRST

1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		☐	/
Sugar		☐	/
Brown sugar		☐	/
Baking powder		☐	/
Baking soda		☐	/
Vanilla		☐	/
		☐	/
		☐	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		☐	/
Cereal		☐	/
Peanut butter		☐	/
Honey or syrup		☐	/
Coffee		☐	/
Tea		☐	/
		☐	/
		☐	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		☐	/
Pasta		☐	/
Egg noodles		☐	/
Mac and cheese		☐	/
Quinoa		☐	/
Bread crumbs		☐	/
		☐	/
		☐	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		☐	/
Canned beans		☐	/
Broth		☐	/
Tuna		☐	/
Soup		☐	/
Pasta sauce		☐	/
		☐	/
		☐	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		☐	/
Vinegar		☐	/
Soy sauce		☐	/
Salt		☐	/
Black pepper		☐	/
Spices you use most		☐	/
		☐	/
		☐	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		☐	/
Granola bars		☐	/
Nuts and dried fruit		☐	/
Chips or pretzels		☐	/
Potatoes		☐	/
Onions		☐	/
		☐	/
		☐	/

◆ HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST *soonest dates*

☐ _____

☐ _____

☐ _____

One look at the shelves, one list.

ORDERLY WEEK

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Pantry INVENTORY LIST

TICK WHAT IS OUT OR LOW, THEN LIST IT

SHELF 1 *Baking*

- [ ] Flour
- [ ] Brown sugar
- [ ] Baking soda
- [ ] Sugar
- [ ] Baking powder
- [ ] Vanilla

SHELF 2 *Breakfast*

- [ ] Oats
- [ ] Peanut butter
- [ ] Coffee
- [ ] Cereal
- [ ] Honey or syrup
- [ ] Tea

SHELF 3 *Grains and pasta*

- [ ] Rice
- [ ] Egg noodles
- [ ] Quinoa
- [ ] Pasta
- [ ] Mac and cheese
- [ ] Bread crumbs

SHELF 4 *Cans and jars*

- [ ] Canned tomatoes
- [ ] Broth
- [ ] Soup
- [ ] Canned beans
- [ ] Tuna
- [ ] Pasta sauce

SHELF 5 *Oils, sauces and spices*

- [ ] Olive oil
- [ ] Soy sauce
- [ ] Black pepper
- [ ] Vinegar
- [ ] Salt
- [ ] Spices you use most

SHELF 6 *Snacks and bins*

- [ ] Crackers
- [ ] Nuts and dried fruit
- [ ] Potatoes
- [ ] Granola bars
- [ ] Chips or pretzels
- [ ] Onions

NEED *anything out or low*

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

USE FIRST *soonest dates*

- [ ]
- [ ]
- [ ]
- [ ]

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

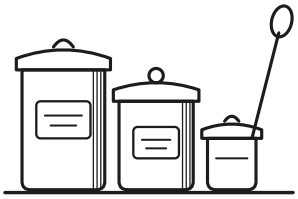
CHECKED ON _____ _____ _____ _____

One look at the shelves, one list.

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PANTRY

INVENTORY LIST



What you have, what ran out, what to use first

1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		☐	/
Sugar		☐	/
Brown sugar		☐	/
Baking powder		☐	/
Baking soda		☐	/
Vanilla		☐	/
		☐	/
		☐	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		☐	/
Cereal		☐	/
Peanut butter		☐	/
Honey or syrup		☐	/
Coffee		☐	/
Tea		☐	/
		☐	/
		☐	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		☐	/
Pasta		☐	/
Egg noodles		☐	/
Mac and cheese		☐	/
Quinoa		☐	/
Bread crumbs		☐	/
		☐	/
		☐	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		☐	/
Canned beans		☐	/
Broth		☐	/
Tuna		☐	/
Soup		☐	/
Pasta sauce		☐	/
		☐	/
		☐	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		☐	/
Vinegar		☐	/
Soy sauce		☐	/
Salt		☐	/
Black pepper		☐	/
Spices you use most		☐	/
		☐	/
		☐	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		☐	/
Granola bars		☐	/
Nuts and dried fruit		☐	/
Chips or pretzels		☐	/
Potatoes		☐	/
Onions		☐	/
		☐	/
		☐	/

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST

soonest dates

☐ _____

☐ _____

☐ _____

One look at the shelves, one list.

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6 Shelves, 36 Staples

PANTRY

INVENTORY LIST

Tick what is out or low, then list it



SHELF 1 — *Baking*

- ○ Flour
- ○ Brown sugar
- ○ Baking soda
- ○ Sugar
- ○ Baking powder
- ○ Vanilla

○

SHELF 2 — *Breakfast*

- ○ Oats
- ○ Peanut butter
- ○ Coffee
- ○ Cereal
- ○ Honey or syrup
- ○ Tea

○

SHELF 3 — *Grains and pasta*

- ○ Rice
- ○ Egg noodles
- ○ Quinoa
- ○ Pasta
- ○ Mac and cheese
- ○ Bread crumbs

○

SHELF 4 — *Cans and jars*

- ○ Canned tomatoes
- ○ Broth
- ○ Soup
- ○ Canned beans
- ○ Tuna
- ○ Pasta sauce

○

SHELF 5 — *Oils, sauces and spices*

- ○ Olive oil
- ○ Soy sauce
- ○ Black pepper
- ○ Vinegar
- ○ Salt
- ○ Spices you use most

○

SHELF 6 — *Snacks and bins*

- ○ Crackers
- ○ Nuts and dried fruit
- ○ Potatoes
- ○ Granola bars
- ○ Chips or pretzels
- ○ Onions

○

NEED

anything out or low

○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____

USE FIRST

soonest dates

○ _____
○ _____
○ _____
○ _____

◆ HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

One look at the shelves, one list.

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Pantry

INVENTORY LIST

One look at the shelves, one list.

Tick what is out or low, then list it

1



Baking — SHELF 1

- [ ] Flour
- [ ] Sugar
- [ ] Brown sugar
- [ ] Baking powder
- [ ] Baking soda
- [ ] Vanilla

2



Breakfast — SHELF 2

- [ ] Oats
- [ ] Cereal
- [ ] Peanut butter
- [ ] Honey or syrup
- [ ] Coffee
- [ ] Tea

3



Grains and pasta — SHELF 3

- [ ] Rice
- [ ] Pasta
- [ ] Egg noodles
- [ ] Mac and cheese
- [ ] Quinoa
- [ ] Bread crumbs

4



Cans and jars — SHELF 4

- [ ] Canned tomatoes
- [ ] Canned beans
- [ ] Broth
- [ ] Tuna
- [ ] Soup
- [ ] Pasta sauce

5



Oils, sauces and spices — SHELF 5

- [ ] Olive oil
- [ ] Vinegar
- [ ] Soy sauce
- [ ] Salt
- [ ] Black pepper
- [ ] Spices you use most

6



Snacks and bins — SHELF 6

- [ ] Crackers
- [ ] Granola bars
- [ ] Nuts and dried fruit
- [ ] Chips or pretzels
- [ ] Potatoes
- [ ] Onions

NEED

anything out or low

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

USE FIRST

soonest dates

- [ ] _____

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

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PANTRY
Inventory List

TICK WHAT IS OUT OR LOW, THEN LIST IT

SHELF 1 *Baking*

- ○ Flour
- ○ Brown sugar
- ○ Baking soda
- ○ Sugar
- ○ Baking powder
- ○ Vanilla

○

SHELF 2 *Breakfast*

- ○ Oats
- ○ Peanut butter
- ○ Coffee
- ○ Cereal
- ○ Honey or syrup
- ○ Tea

○

SHELF 3 *Grains and pasta*

- ○ Rice
- ○ Egg noodles
- ○ Quinoa
- ○ Pasta
- ○ Mac and cheese
- ○ Bread crumbs

○

SHELF 4 *Cans and jars*

- ○ Canned tomatoes
- ○ Broth
- ○ Soup
- ○ Canned beans
- ○ Tuna
- ○ Pasta sauce

○

SHELF 5 *Oils, sauces and spices*

- ○ Olive oil
- ○ Soy sauce
- ○ Black pepper
- ○ Vinegar
- ○ Salt
- ○ Spices you use most

○

SHELF 6 *Snacks and bins*

- ○ Crackers
- ○ Nuts and dried fruit
- ○ Potatoes
- ○ Granola bars
- ○ Chips or pretzels
- ○ Onions

○

NEED *anything out or low*

○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____
○ _____

USE FIRST *soonest dates*

○ _____
○ _____
○ _____
○ _____

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

One look at the shelves, one list.

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Know What to Buy Each Week

TICK WHAT IS OUT OR LOW, THEN LIST IT

PANTRY

Inventory List

SHELF 1 *Baking*

Flour	Sugar	Brown sugar	Baking powder	Baking soda	Vanilla
☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐

SHELF 2 *Breakfast*

Oats	Cereal	Peanut butter	Honey or syrup	Coffee	Tea
☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐

SHELF 3 *Grains and pasta*

Rice	Pasta	Egg noodles	Mac and cheese	Quinoa	Bread crumbs
☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐

SHELF 4 *Cans and jars*

Canned tomatoes	Canned beans	Broth	Tuna	Soup	Pasta sauce
☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐

SHELF 5 *Oils, sauces and spices*

Olive oil	Vinegar	Soy sauce	Salt	Black pepper	Spices you use most
☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐

SHELF 6 *Snacks and bins*

Crackers	Granola bars	Nuts and dried fruit	Chips or pretzels	Potatoes	Onions
☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐	☐☐☐☐

NEED *anything out or low*

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

USE FIRST *soonest dates*

- ☐
- ☐
- ☐

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

One look at the shelves, one list.

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Pantry Inventory LIST

WHAT YOU HAVE, WHAT RAN OUT, WHAT TO USE FIRST

1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		☐	/
Sugar		☐	/
Brown sugar		☐	/
Baking powder		☐	/
Baking soda		☐	/
Vanilla		☐	/
		☐	/
		☐	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		☐	/
Cereal		☐	/
Peanut butter		☐	/
Honey or syrup		☐	/
Coffee		☐	/
Tea		☐	/
		☐	/
		☐	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		☐	/
Pasta		☐	/
Egg noodles		☐	/
Mac and cheese		☐	/
Quinoa		☐	/
Bread crumbs		☐	/
		☐	/
		☐	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		☐	/
Canned beans		☐	/
Broth		☐	/
Tuna		☐	/
Soup		☐	/
Pasta sauce		☐	/
		☐	/
		☐	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		☐	/
Vinegar		☐	/
Soy sauce		☐	/
Salt		☐	/
Black pepper		☐	/
Spices you use most		☐	/
		☐	/
		☐	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		☐	/
Granola bars		☐	/
Nuts and dried fruit		☐	/
Chips or pretzels		☐	/
Potatoes		☐	/
Onions		☐	/
		☐	/
		☐	/

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST *soonest dates*

☐ _____

☐ _____

☐ _____

ONE LOOK AT THE SHELVES, ONE LIST.

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TICK WHAT IS OUT OR LOW, THEN LIST IT

Pantry Inventory List



SHELF 1 *Baking*

- [ ] Flour
- [ ] Brown sugar
- [ ] Baking soda
- [ ] Sugar
- [ ] Baking powder
- [ ] Vanilla

SHELF 2 *Breakfast*

- [ ] Oats
- [ ] Peanut butter
- [ ] Coffee
- [ ] Cereal
- [ ] Honey or syrup
- [ ] Tea

SHELF 3 *Grains and pasta*

- [ ] Rice
- [ ] Egg noodles
- [ ] Quinoa
- [ ] Pasta
- [ ] Mac and cheese
- [ ] Bread crumbs

SHELF 4 *Cans and jars*

- [ ] Canned tomatoes
- [ ] Broth
- [ ] Soup
- [ ] Canned beans
- [ ] Tuna
- [ ] Pasta sauce

SHELF 5 *Oils, sauces and spices*

- [ ] Olive oil
- [ ] Soy sauce
- [ ] Black pepper
- [ ] Vinegar
- [ ] Salt
- [ ] Spices you use most

SHELF 6 *Snacks and bins*

- [ ] Crackers
- [ ] Nuts and dried fruit
- [ ] Potatoes
- [ ] Granola bars
- [ ] Chips or pretzels
- [ ] Onions

NEED *anything out or low*

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

USE FIRST *soonest dates*

- [ ]
- [ ]
- [ ]
- [ ]

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

One look at the shelves, one list.

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Pantry
INVENTORY LIST

★ WHAT YOU HAVE, WHAT RAN OUT, WHAT TO USE FIRST ★

1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		☐	/
Sugar		☐	/
Brown sugar		☐	/
Baking powder		☐	/
Baking soda		☐	/
Vanilla		☐	/
		☐	/
		☐	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		☐	/
Cereal		☐	/
Peanut butter		☐	/
Honey or syrup		☐	/
Coffee		☐	/
Tea		☐	/
		☐	/
		☐	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		☐	/
Pasta		☐	/
Egg noodles		☐	/
Mac and cheese		☐	/
Quinoa		☐	/
Bread crumbs		☐	/
		☐	/
		☐	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		☐	/
Canned beans		☐	/
Broth		☐	/
Tuna		☐	/
Soup		☐	/
Pasta sauce		☐	/
		☐	/
		☐	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		☐	/
Vinegar		☐	/
Soy sauce		☐	/
Salt		☐	/
Black pepper		☐	/
Spices you use most		☐	/
		☐	/
		☐	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		☐	/
Granola bars		☐	/
Nuts and dried fruit		☐	/
Chips or pretzels		☐	/
Potatoes		☐	/
Onions		☐	/
		☐	/
		☐	/

◆ HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST

soonest dates

☐ _____

☐ _____

☐ _____

One look at the shelves, one list.

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See What You Have at a Glance

PANTRY

INVENTORY LIST

1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		☐	/
Sugar		☐	/
Brown sugar		☐	/
Baking powder		☐	/
Baking soda		☐	/
Vanilla		☐	/
		☐	/
		☐	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		☐	/
Cereal		☐	/
Peanut butter		☐	/
Honey or syrup		☐	/
Coffee		☐	/
Tea		☐	/
		☐	/
		☐	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		☐	/
Pasta		☐	/
Egg noodles		☐	/
Mac and cheese		☐	/
Quinoa		☐	/
Bread crumbs		☐	/
		☐	/
		☐	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		☐	/
Canned beans		☐	/
Broth		☐	/
Tuna		☐	/
Soup		☐	/
Pasta sauce		☐	/
		☐	/
		☐	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		☐	/
Vinegar		☐	/
Soy sauce		☐	/
Salt		☐	/
Black pepper		☐	/
Spices you use most		☐	/
		☐	/
		☐	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		☐	/
Granola bars		☐	/
Nuts and dried fruit		☐	/
Chips or pretzels		☐	/
Potatoes		☐	/
Onions		☐	/
		☐	/
		☐	/

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST

soonest dates

○ _____

○ _____

○ _____

One look at the shelves, one list.

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WHAT YOU HAVE, WHAT RAN OUT, WHAT TO USE FIRST

PANTRY INVENTORY LIST

1 BAKING

NEED

- ○ Flour
- ○ Baking powder
- ○ Sugar
- ○ Baking soda
- ○ Brown sugar
- ○ Vanilla



2 BREAKFAST

NEED

- ○ Oats
- ○ Honey or syrup
- ○ Cereal
- ○ Coffee
- ○ Peanut butter
- ○ Tea



3 GRAINS AND PASTA

NEED

- ○ Rice
- ○ Mac and cheese
- ○ Pasta
- ○ Quinoa
- ○ Egg noodles
- ○ Bread crumbs



4 CANS AND JARS

NEED

- ○ Canned tomatoes
- ○ Tuna
- ○ Canned beans
- ○ Soup
- ○ Broth
- ○ Pasta sauce



5 OILS, SAUCES AND SPICES

NEED

- ○ Olive oil
- ○ Salt
- ○ Vinegar
- ○ Black pepper
- ○ Soy sauce
- ○ Spices you use most



6 SNACKS AND BINS

NEED

- ○ Crackers
- ○ Chips or pretzels
- ○ Granola bars
- ○ Potatoes
- ○ Nuts and dried fruit
- ○ Onions



HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST

soonest dates

☐ _____

☐ _____

One look at the shelves, one list.

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Pantry Inventory List

Tick what is out or low, then list it

SHELF 1 — *Baking*

- ○ Flour
- ○ Brown sugar
- ○ Baking soda
- ○ Sugar
- ○ Baking powder
- ○ Vanilla

SHELF 2 — *Breakfast*

- ○ Oats
- ○ Peanut butter
- ○ Coffee
- ○ Cereal
- ○ Honey or syrup
- ○ Tea

SHELF 3 — *Grains and pasta*

- ○ Rice
- ○ Egg noodles
- ○ Quinoa
- ○ Pasta
- ○ Mac and cheese
- ○ Bread crumbs

SHELF 4 — *Cans and jars*

- ○ Canned tomatoes
- ○ Broth
- ○ Soup
- ○ Canned beans
- ○ Tuna
- ○ Pasta sauce

SHELF 5 — *Oils, sauces and spices*

- ○ Olive oil
- ○ Soy sauce
- ○ Black pepper
- ○ Vinegar
- ○ Salt
- ○ Spices you use most

SHELF 6 — *Snacks and bins*

- ○ Crackers
- ○ Nuts and dried fruit
- ○ Potatoes
- ○ Granola bars
- ○ Chips or pretzels
- ○ Onions

NEED *anything out or low*

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

USE FIRST *soonest dates*

- ○
- ○
- ○
- ○

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

One look at the shelves, one list.

ORDERLY WEEK

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WHAT YOU HAVE, WHAT RAN OUT, WHAT TO USE FIRST

Pantry Inventory List



1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		☐	/
Sugar		☐	/
Brown sugar		☐	/
Baking powder		☐	/
Baking soda		☐	/
Vanilla		☐	/
		☐	/
		☐	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		☐	/
Cereal		☐	/
Peanut butter		☐	/
Honey or syrup		☐	/
Coffee		☐	/
Tea		☐	/
		☐	/
		☐	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		☐	/
Pasta		☐	/
Egg noodles		☐	/
Mac and cheese		☐	/
Quinoa		☐	/
Bread crumbs		☐	/
		☐	/
		☐	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		☐	/
Canned beans		☐	/
Broth		☐	/
Tuna		☐	/
Soup		☐	/
Pasta sauce		☐	/
		☐	/
		☐	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		☐	/
Vinegar		☐	/
Soy sauce		☐	/
Salt		☐	/
Black pepper		☐	/
Spices you use most		☐	/
		☐	/
		☐	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		☐	/
Granola bars		☐	/
Nuts and dried fruit		☐	/
Chips or pretzels		☐	/
Potatoes		☐	/
Onions		☐	/
		☐	/
		☐	/

HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST

soonest dates

☐ _____

☐ _____

☐ _____

One look at the shelves, one list.

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Once a Week, Shelf by Shelf
Pantry Inventory
LIST

SHELF 1 BAKING	☐ Flour ☐ Brown sugar ☐ Baking soda	☐ Sugar ☐ Baking powder ☐ Vanilla
SHELF 2 BREAKFAST	☐ Oats ☐ Peanut butter ☐ Coffee	☐ Cereal ☐ Honey or syrup ☐ Tea
SHELF 3 GRAINS AND PASTA	☐ Rice ☐ Egg noodles ☐ Quinoa	☐ Pasta ☐ Mac and cheese ☐ Bread crumbs
SHELF 4 CANS AND JARS	☐ Canned tomatoes ☐ Broth ☐ Soup	☐ Canned beans ☐ Tuna ☐ Pasta sauce
SHELF 5 OILS, SAUCES AND SPICES	☐ Olive oil ☐ Soy sauce ☐ Black pepper	☐ Vinegar ☐ Salt ☐ Spices you use most
SHELF 6 SNACKS AND BINS	☐ Crackers ☐ Nuts and dried fruit ☐ Potatoes	☐ Granola bars ☐ Chips or pretzels ☐ Onions

NEED *anything out or low*

☐
☐
☐
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USE FIRST *soonest dates*

☐
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HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Tick anything out or low, write it under Need and shop from that list. Write the soonest use-by dates under Use first, then use those items first.

CHECKED ON _____ _____ _____ _____

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PANTRY
INVENTORY LIST

What you have, what ran out, what to use first



1 BAKING

ITEM	HAVE	NEED	USE BY
Flour		○	/
Sugar		○	/
Brown sugar		○	/
Baking powder		○	/
Baking soda		○	/
Vanilla		○	/
		○	/
		○	/

2 BREAKFAST

ITEM	HAVE	NEED	USE BY
Oats		○	/
Cereal		○	/
Peanut butter		○	/
Honey or syrup		○	/
Coffee		○	/
Tea		○	/
		○	/
		○	/

3 GRAINS AND PASTA

ITEM	HAVE	NEED	USE BY
Rice		○	/
Pasta		○	/
Egg noodles		○	/
Mac and cheese		○	/
Quinoa		○	/
Bread crumbs		○	/
		○	/
		○	/

4 CANS AND JARS

ITEM	HAVE	NEED	USE BY
Canned tomatoes		○	/
Canned beans		○	/
Broth		○	/
Tuna		○	/
Soup		○	/
Pasta sauce		○	/
		○	/
		○	/

5 OILS, SAUCES AND SPICES

ITEM	HAVE	NEED	USE BY
Olive oil		○	/
Vinegar		○	/
Soy sauce		○	/
Salt		○	/
Black pepper		○	/
Spices you use most		○	/
		○	/
		○	/

6 SNACKS AND BINS

ITEM	HAVE	NEED	USE BY
Crackers		○	/
Granola bars		○	/
Nuts and dried fruit		○	/
Chips or pretzels		○	/
Potatoes		○	/
Onions		○	/
		○	/
		○	/

◆ HOW TO USE

Once a week, at your Weekly Reset, check each shelf, top to bottom. Mark Need for anything out or low and shop from that column. Write the soonest use-by date, then use those items first.

CHECKED ON _____ _____ _____ _____

USE FIRST

soonest dates

○ _____

○ _____

○ _____

One look at the shelves, one list.

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