



BUILD YOUR

WINTER

PANTRY &

MEAL PLAN

MADE EASY!

BUILD YOUR WINTER PANTRY

What would your family **ACTUALLY** use?

A well-stocked pantry isn't about fear.

It's about being smart, prepared and making life a little easier when winter comes.

Go through the list below and check the foods your family would **ACTUALLY** eat and use.

You don't need everything on this list.

You don't need to buy it all at once.

And you definitely don't need 50 pounds of something your family hates.

Stock what you eat. Eat what you stock.

GRAINS & BASICS

- ☐ All-purpose flour
- ☐ Bread flour
- ☐ Whole wheat flour
- ☐ Cornmeal
- ☐ Oats
- ☐ White rice
- ☐ Brown rice
- ☐ Wild rice
- ☐ Barley
- ☐ Quinoa
- ☐ Pasta
- ☐ Egg noodles
- ☐ Couscous
- ☐ Popcorn
- ☐ Wheat berries
- ☐ Other: _____



BEANS & LEGUMES

- ☐ Black beans
- ☐ Kidney beans
- ☐ Pinto beans
- ☐ Navy beans
- ☐ Great Northern beans
- ☐ Chickpeas
- ☐ Lentils
- ☐ Split peas
- ☐ Dry soup-bean mixes
- ☐ Canned beans
- ☐ Other: _____

FATS & OILS

- ☐ Olive oil
- ☐ Avocado oil
- ☐ Coconut oil
- ☐ Butter
- ☐ Lard
- ☐ Tallow
- ☐ Shortening
- ☐ Other: _____

BAKING

- ☐ Baking powder
- ☐ Baking soda
- ☐ Cornstarch
- ☐ Cocoa powder
- ☐ Chocolate chips
- ☐ Vanilla
- ☐ Yeast
- ☐ Sourdough starter
- ☐ Powdered milk
- ☐ Evaporated milk
- ☐ Sweetened condensed milk
- ☐ Nuts
- ☐ Seeds
- ☐ Dried fruit
- ☐ Coconut
- ☐ Other: _____

SWEETENERS

- ☐ White sugar
- ☐ Brown sugar
- ☐ Powdered sugar
- ☐ Honey
- ☐ Maple syrup
- ☐ Molasses
- ☐ Other: _____



SPICES & FLAVOR

- ☐ Salt
- ☐ Pepper
- ☐ Garlic
- ☐ Onion
- ☐ Chili powder
- ☐ Cumin
- ☐ Paprika
- ☐ Cinnamon
- ☐ Italian herbs
- ☐ Taco seasoning
- ☐ Poultry seasoning
- ☐ Bouillon/broth base
- ☐ Vinegar
- ☐ Mustard
- ☐ Soy sauce / coconut aminos
- ☐ Hot sauce
- ☐ Other: _____

FREEZER

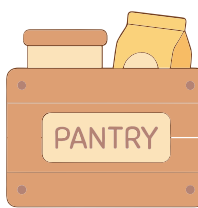
- ☐ Beef
- ☐ Pork
- ☐ Chicken
- ☐ Fish
- ☐ Ground meat
- ☐ Sausage
- ☐ Bacon
- ☐ Frozen vegetables
- ☐ Frozen fruit
- ☐ Bread
- ☐ Butter
- ☐ Cheese
- ☐ Homemade meals
- ☐ Broth
- ☐ Other: _____

CANNED & JARRED GOODS

- ☐ Tomatoes
- ☐ Tomato sauce
- ☐ Tomato paste
- ☐ Pasta sauce
- ☐ Salsa
- ☐ Broth/stock
- ☐ Soup
- ☐ Green beans
- ☐ Corn
- ☐ Peas
- ☐ Carrots
- ☐ Potatoes
- ☐ Pumpkin
- ☐ Fruit
- ☐ Applesauce
- ☐ Jams & jellies
- ☐ Pickles
- ☐ Relish
- ☐ Sauerkraut
- ☐ Meat
- ☐ Other: _____

ROOT CELLAR

- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Onions
- ☐ Garlic
- ☐ Carrots
- ☐ Winter squash
- ☐ Cabbage
- ☐ Apples
- ☐ Other: _____



NOW LOOK AT WHAT YOU CHECKED.

Don't ask:

“How much food should I store?”

Ask:

“What does my family actually eat, and how much of it do we use?”

Pick a few staples you use constantly and start there.

MY TOP 10 WINTER STAPLES

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

We are preparing from wisdom — not fear.

A useful pantry isn't the biggest pantry.

It's the pantry you know how to turn into meals.



BUILD YOUR 2-WEEK WINTER MEAL PLAN

Start with what you HAVE — not what you want to buy.

Before you plan a single meal, look around.

What's in your pantry?

What's hiding in your freezer?

What did you preserve from the garden?

What bulk staples do you already have?

What needs to be used up?

Those foods become the beginning of your meal plan.

Instead of asking: “What do I want to make this week?” Ask: “What can I make with what I already have?”

BUILD FROM YOUR BASICS

Have broth + vegetables + meat or beans?

Make soup.

Have beans + rice + spices?

Build a meal around them.

Have flour + butter/lard + baking basics?

Make biscuits, bread, pancakes or tortillas.

Have canned tomatoes + meat + beans?

Make chili.

Have potatoes + onions + meat?

You've got the beginning of dinner.

You don't always need a recipe.

You need to learn how to turn what you have into food.



NOW BUILD YOUR TWO WEEKS

WEEK 1

MONDAY

WEEK 2

MONDAY

TUESDAY

TUESDAY

WEDNESDAY

WEDNESDAY

THURSDAY

THURSDAY

FRIDAY

FRIDAY

SATURDAY

SATURDAY

SUNDAY

SUNDAY



BEFORE YOU GO TO THE STORE...

- ☐ What needs to be used up first?
- ☐ What's already in the freezer?
- ☐ What have I canned, frozen, dried or preserved?
- ☐ Which bulk staples can become meals?
- ☐ Can tonight's leftovers become tomorrow's meal?
- ☐ Can I substitute something I already have?
- ☐ Can I make it instead of buying it?

NOW MAKE YOUR GROCERY LIST

After you've planned around what you already have, write down only what you truly need to complete those meals.

THE GOAL:

Use what you have. Waste less. Buy less.

Stay out of the grocery store.

Build the meal around what you have. THEN build the grocery list.

