

• Kitchen Pantry •



Proteins

- Eggs
- Chicken breast
- Whole chicken
- Meat pieces
- Ground meat
- Shrimp
- Fish fillet

Cooking Oils

- Afia Corn Oil
- Afia Corn Oil Plus
- Afia Sunflower Oil
- Afia Olive Oil

Starches

- ☐ Pasta
- ☐ Vermicelli
- ☐ Cornstarch
- ☐ Toast bread
- ☐ Cornflakes
- ☐ Pita bread
- ☐ Saj bread
- ☐ Samosa wrappers
- ☐ Spring roll wrappers

Dairy Products

- ☐ Afia butter
- ☐ Laban
- ☐ Labneh
- ☐ Milk
- ☐ Cream
- ☐ Halloumi cheese
- ☐ Akkawi cheese
- ☐ Mozzarella cheese

Supplements

- Tahini
- Beef broth
- Chicken broth
- Date molasses
- Pomegranate molasses

Grocery List

A vertical sheet of paper with a light green background. On the left side, there is a vertical strip of darker green. Along this strip, there are 20 red heart outlines, each followed by a horizontal dotted line for writing. In the bottom right corner, there are three overlapping semi-circles in shades of green and teal.

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Dessert Essentials

- ☐ Sugar
- ☐ Powdered sugar
- ☐ Brown sugar
- ☐ Honey
- ☐ Syrup
- ☐ Flour
- ☐ Yeast
- ☐ Semolina
- ☐ Vanilla
- ☐ Kunafa pastry
- ☐ Gelatin
- ☐ Rose water
- ☐ Orange blossom water
- ☐ Unsweetened cocoa powder
- ☐ Baking soda
- ☐ Baking powder
- ☐ Whipping cream
- ☐ Powdered milk
- ☐ Shredded coconut
- ☐ Chocolate chunks

Nuts & Seeds

- ☐ Almonds
- ☐ Walnuts
- ☐ Raisins
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Black seed
- ☐ Sesame seeds
- ☐ Chia seeds
- ☐ Flax seeds

Grains

- ☐ Bulgur
- ☐ Quinoa
- ☐ Freekeh
- ☐ Jareesh
- ☐ Oats
- ☐ Corn
- ☐ Long grain rice
- ☐ Short grain rice

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Frozen Foods

- Mixed vegetables
- Spinach
- Mixed berries
- Frozen potatoes

Spices

- ☐ Salt
- ☐ Cinnamon
- ☐ Coriander
- ☐ Cumin
- ☐ Turmeric
- ☐ Sumac
- ☐ Paprika
- ☐ Cloves
- ☐ Bay leaves
- ☐ Cardamom pods
- ☐ Mixed spices
- ☐ Black pepper
- ☐ Crushed chili flakes
- ☐ Dried black lime

Canned Foods

- ☐ Afia tuna
- ☐ Corn
- ☐ Mushrooms
- ☐ Pickles
- ☐ Jam
- ☐ Sliced olives
- ☐ Red beans
- ☐ Tomato paste
- ☐ Canned tomatoes
- ☐ Crushed tomatoes

Legumes

- ☐ Fava beans
- ☐ Bulgur
- ☐ Black-eyed peas
- ☐ Chickpeas
- ☐ Beans
- ☐ Yellow lentils
- ☐ Black lentils

Grocery List