

## **Pantry Essentials**

Keeping your pantry fully stocked is a sure time saver when it comes to wondering what to cook for dinner. Here is a list of 9 things to always keep or have in your pantry or around the kitchen.

### **Onions and Garlic**

Always keep a healthy stash of onions as these are almost always at the root of every meal. Garlic has a way of making every meal taste fabulous.

### **Potatoes**

Turn these into an instant meal, thanks to the versatility of how to cook them. Boil them, fry them, steam or ash them, they are food in an instant, and they do not take long to cook.

### **Spaghetti**

Fall back plan for foodies everywhere.

### **Eggs**

These are also incredibly versatile, and make for a quick snack or an entire meal. Hard or soft boiled, scrambled or in an omelette, eggs truly work wonders.

### **Tomato Paste**

Tomato paste adds great flavor and richness to food that you are trying to keep low in calories and fat. You can buy it in a can or in a tube.

### **Salt and an assortment of Spices**

This goes without saying, but it will be said anyway. Salt is essential, but keep also in mind

### **Bananas**

They are cheap, available all year round and can add extra sweetness to smoothies or yoghurt without you needing to add store bought sugar.

### **Fresh Vegetables**

For two reasons: they are incredibly healthy and good for you, and they add a splash of color to your meal.

### **A box of cereal**

Sometimes you get too lazy to cook, and that's okay.

Always keep your pantry well stocked to avoid last minute dashes to the grocery place or supermarket, this will also broaden the choice you have for making meals.