Staples

Basics you always restock. Cross off any you don't keep, add your own, and mark each one have or out. Before you shop, put everything marked out on the grocery list.

Staple	Have or out
Salt	
Black pepper	
Cooking oil	
Olive oil	
Butter	
Eggs	
Milk	
Flour	
Sugar	
Rice	
Dried pasta	
Onions	
Garlic	
Canned tomatoes	
Stock	
Soy sauce	
Vinegar	
Baking soda	

Free from getsouffle.com/guides/pantry-inventory-template.

Everything else

Where it is, how much is left, whether it's open, and the best-by date for anything you might forget. Write in pencil.

Item	Where	How much	Opened	Best-by
Cocoa powder	*Baking shelf*	*About half a tin*	*Yes*	*3/1/2027*

The grey row is an example. Free from getsouffle.com/guides/pantry-inventory-template.

Staples

A blank copy for writing your own staples. Mark each one have or out, and before you shop, put everything marked out on the grocery list.

Staple	Have or out

Free from getsouffle.com/guides/pantry-inventory-template.