FRUGAL SEEDS

One-Page Pantry Inventory

Tape it inside a cabinet door

Symbol key: ✓ plenty on hand ~ running low * use-first priority

Zone 1: Pantry Staples	Mark	What's there / quantity
Grains and pasta		
Rice		
Canned beans and legumes		
Canned tomatoes and vegetables		
Oils and vinegars		
Condiments and sauces		

Zone 2: Fridge Perishables	Mark	What's there / quantity
Dairy (milk, cheese, yogurt, butter)		
Eggs		
Fresh produce		
Leftovers		
Open containers and jars		

Zone 3: Freezer	Mark	What's there / quantity
Proteins		
Frozen vegetables		
Frozen fruit		
Prepped or batch-cooked portions		

Zone 4: Spices and Baking	Mark	What's there / quantity
Everyday spices (salt, pepper, cumin, paprika)		
Flour, sugar, baking staples		
Extracts and specialty items		

Zone 5: Use-First	Mark	What's there / quantity
Items close to their package date		
Already opened		
Visibly aging produce		

Turn the scan into dinners: Anchor + Filler + Flavor

Anchor: protein or starchy base (beans, eggs, pasta, lentils, frozen chicken) Filler: vegetables or bulk Flavor: sauce or spice

Meal 1:

Meal 2:

Meal 3:

Gap list (buy only what completes these meals):