



PENNE

WHITE SUGAR

BARLEY

COUS COUS

LENTILS

CHICKPEAS

RAISINS

RED BEANS

FLOUR

CORNFLOUR

CEREAL

WHOLE NUTS

RICE

BROWN SUGAR

NOODLES

PORRIDGE OATS

PASTA

BROWN RICE



yuppiechef

= PANTRY ESSENTIALS =

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