

## Pantry Items for Seven Meals for Seven

Salt

Pepper

Flour

Yeast

Olive Oil

Chili Powder

Garlic Powder (or fresh garlic)

Cumin (optional)

Butter

Chicken Soup Base (or broth)

Milk, Half-and-half, or heavy cream (for Chicken Curry and Chicken Pot Pie)

Dried Parsley (optional for Chicken Pot Pie)

Chives (optional for Chicken Pot Pie)

Thyme (optional for Chicken Pot Pie)

Curry Powder

Lemon Juice

Cilantro (optional)

Ginger

Sesame Oil (optional, but tastes great if you have it)