

WHOLE WHEAT  
*Flour*

POWDERED  
*Sugar*

*Cashews*   *Almonds*   *Sunflower SEEDS*

SPLIT  
*Peas*

*Lentils*

*Garbanzo*  
BEANS

*Kidney Beans*

BLACK  
*Beans*

|                   |                |
|-------------------|----------------|
| ALL-PURPOSE FLOUR | WILD RICE      |
| WHOLE WHEAT FLOUR | BROWN RICE     |
| ROLLED OATS       | POWDERED SUGAR |
| CORNMEAL          | WHITE SUGAR    |
| POPCORN           | BROWN SUGAR    |
| QUINOA            | SPLIT PEAS     |
| ARBORIO RICE      | LENTILS        |
| BASMATI RICE      | PINTO BEANS    |
| JASMINE RICE      | BLACK BEANS    |
| CORNSTARCH        | BAKING SODA    |

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printable  
pages