The Pantry-to-Meal Inventory

Turn what is on the shelf into a meal and a shorter list.

Count what you can actually use and assign it a purpose.

Example: two cans of beans and a partly used rice bag cover one planned dinner. The shopper adds the missing vegetable, records the shelf location, and crosses out the beans after cooking.

01 Check three storage places

Look at the week's relevant ingredients.

Pantry items / usable amounts

Refrigerator items / usable amounts

Freezer items / usable amounts

Food needing guidance before use

02 Match ingredients to meals

Record a purpose instead of a vague intention.

Ingredient / storage location

Meal that will use it

Amount needed for that meal

Missing meal component

The Pantry-to-Meal Inventory / Review & follow-through

03 Build the true shopping gaps

Check for suitable supplies before buying again.

Duplicate purchase to avoid

Suitable item already available

Dietary requirement to preserve

Actual additions to the list

04 Keep one current inventory

Make the handoff clear to shopper and cook.

Where the current record lives

Person updating used items

Next inventory check time

Stale count corrected