

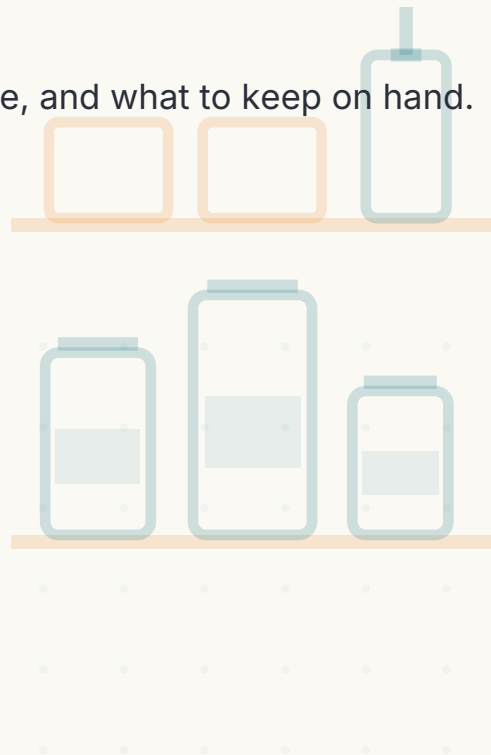


AN ARDENT WORKSHOP PRODUCT

Pantry Inventory Starter

The one page for a single shelf: what you have, and what to keep on hand.

Free · from Ardent Workshop



One shelf, twenty minutes

Do not inventory your kitchen. Inventory **one shelf**, and then stop — that is a real first pass, and it is the reason most pantry lists fail on the Saturday they are started. Write the location at the top and work left to right. The column that matters most is **Keep on hand**: the number you want to have, not the number you have. It is what tells you to buy something before you run out.

Location: _____ Date: _____

Item	Unit	On hand	Keep on hand	Best by	Notes

This is one page of an eleven-tab system. The full **Kitchen & Pantry Inventory Workbook** does not just hold the list — it **writes your shopping list** from it, grouped in your own category order

with an estimated total, and a **use-it-up list** of everything close to its date, soonest first. It also prices your shelves, logs the freezer with looked-up use-by dates, tells you whether a price is good, and includes a 73-food storage life reference. Excel and Google Sheets, plus three PDF guides. [Get it at ardentworkshop.com](https://ardentworkshop.com) ›

A kitchen record — not food-safety, medical, or nutritional advice. Follow the label, trust your own eyes and nose, and when in doubt, throw it out. © Ardent Workshop LLC — free to use; please don't resell.