



# Plant-Based Pantry

## STOCK UP LIST



### GRAINS

- Oats, rolled
- Rice: brown, white
- Quinoa
- Cornmeal
- Pasta
- Flour: all-purpose, whole wheat, bread flour
- Vital Wheat Gluten
- Panko breadcrumbs

### BEANS AND LEGUMES

- Canned beans: kidney, black, white, garbanzo
- Canned refried beans
- Tofu: both shelf stable and packed in water (can be frozen as-is)
- TVP (Textured Vegetable Protein)

### NUTS AND SEEDS

- Cashews
- Pecans
- Walnuts
- Pumpkin seeds
- Chia seeds
- Hemp seeds
- Flaxseed, ground
- Almond butter
- Peanut butter
- Tahini
- Non-dairy milks, shelf stable: soy, almond

### FRUITS AND VEGETABLES

- Broccoli, green beans, mixed veggies, *frozen*
- Mixed berries, *frozen*
- Tomatoes, canned: crushed, sauce, paste
- Chipotle peppers in adobo, canned
- spinach, fresh or frozen (fresh can also be frozen)
- Bell peppers, any color (can chop and freeze)
- Garlic bulbs
- Potatoes
- Onions
- Apples

### OILS AND SEASONING

- Cooking oils: olive, canola, coconut
- Nutritional yeast
- Sweeteners: white sugar, maple syrup
- Salt
- Bouillon powder/paste
- Condiments: hot sauce, BBQ sauce, mustard
- Preferred spices: cumin, chili powder, smoked paprika, white pepper
- Soy sauce
- Vinegars: apple cider, balsamic

### MISC.

- Baking soda/baking powder
- Vegan chocolate chips
- Vegan protein powder
- Shredded coconut, unsweetened
- Cocoa powder
- Granola bars (eg: Larabars, Luna, Clif Bars)
- Popcorn kernels
- Medjool dates, pitted
- PET FOOD and treats, if needed!

