



# WHOLE FOOD PLANT BASED PANTRY STAPLES

## DRY GOODS

- ☐ Barley
- ☐ Beans - all kinds
- ☐ Brown rice noodles
- ☐ Lentils - red, green and black
- ☐ Millet
- ☐ Oats - rolled, steel cut and groats
- ☐ Pasta - lentil and/or chickpea
- ☐ Rice - all kinds
- ☐ Soba noodles
- ☐ Quinoa
- ☐ Whole grain cereal
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## PACKAGED/JARRED

- ☐ Artichoke hearts
- ☐ Brown rice spring roll wraps
- ☐ Nori sheets/dulce
- ☐ Pasta sauce - oil free
- ☐ Shelf stable plant milk
- ☐ Sun-dried tomatoes - oil free
- ☐ Vegetable broth/base
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## CANNED

- ☐ Beans - all kinds
- ☐ Chickpeas/Garbanzo beans
- ☐ Coconut milk/cream
- ☐ Crushed tomatoes
- ☐ Diced tomatoes
- ☐ Lentils
- ☐ Tomato paste
- ☐ Tomato sauce
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## FRUIT/VEGGIES

- ☐ Apples
- ☐ Bananas
- ☐ Cherry tomatoes
- ☐ Onions - red and yellow
- ☐ Potatoes - all kinds
- ☐ Tomatoes
- ☐ Winter squash - butternut, acorn, etc.
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# WHOLE FOOD PLANT BASED FRIDGE STAPLES

## FRESH FRUIT

- ☐ Blackberries
- ☐ Blueberries
- ☐ Grapes
- ☐ Lemons / Limes
- ☐ Pears
- ☐ Plums
- ☐ Raspberries
- ☐ Strawberries
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## MISC.

- ☐ Condiments - oil and sugar free
- ☐ Corn tortillas - oil free
- ☐ Hummus - oil free
- ☐ Minced garlic
- ☐ Miso paste - white
- ☐ Plant based milk
- ☐ Pickled red onions or red cabbage
- ☐ Salsas - oil and sugar free
- ☐ Tahini
- ☐ Tamari / Coconut Aminos/Soy Sauce
- ☐ Tofu
- ☐ \_\_\_\_\_

## FRESH VEGGIES

- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Carrots
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Cucumbers
- ☐ Leafy greens - all kinds
- ☐ Mushrooms
- ☐ Zucchini / Yellow Squash
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## NUTS / SEEDS

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Chia seeds
- ☐ Ground flaxseed meal
- ☐ Walnuts
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# WHOLE FOOD PLANT BASED FREEZER STAPLES

## FROZEN VEGGIES

- ☐ Broccoli florets
- ☐ Cauliflower florets
- ☐ Corn / fire roasted corn
- ☐ Diced onions
- ☐ Edemame
- ☐ Green beans
- ☐ Hash brown potatoes - no oil
- ☐ Mixed Vegetables
- ☐ Onion and pepper mix
- ☐ Peas
- ☐ Spinach
- ☐ Stir fry vegetable mix
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## OTHERS

- ☐ Container for veggie scraps to make broth
- ☐ Cooked brown rice
- ☐ Ezekiel sprouted grain bread
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## FROZEN FRUIT

- ☐ Mixed berries
- ☐ Mango chunks
- ☐ Sweet dark cherries
- ☐ Overripe bananas
- ☐ Wild blueberries
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# WHOLE FOOD PLANT BASED COOKING STAPLES

## SEASONINGS/SPICES

- ☐ Chili powder
- ☐ Cinnamon
- ☐ Cumin
- ☐ Dill weed
- ☐ Garlic powder
- ☐ Garam Masala
- ☐ Italian seasoning
- ☐ Nutmeg
- ☐ Nutritional Yeast
- ☐ Onion powder
- ☐ Paprika
- ☐ Parsely
- ☐ Pepper
- ☐ Real salt
- ☐ Red curry powder
- ☐ Rosemary
- ☐ Sesame seeds
- ☐ Thyme
- ☐ Tumeric
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## VINEGARS

- ☐ Apple cider vinegar
- ☐ Balsamic vinegar
- ☐ Champagne vinegar
- ☐ Rice vinegar
- ☐ White balsamic vinegar
- ☐ White vinegar
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## BAKING/OTHERS

- ☐ Arrowroot powder / Cornstarch
- ☐ Baking powder
- ☐ Baking soda
- ☐ Cocoa / Cacao powder
- ☐ Dairy-free chocolate chips
- ☐ Maple syrup or Date powder
- ☐ Dates
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

