

Pantry Checklist

Staple Pantry Items

- sea salt
- black pepper
- olive oil
- neutral oil: sunflower, avocado, or organic canola
- toasted sesame oil
- nutritional yeast
- apple cider vinegar
- balsamic or sherry vinegar
- unseasoned rice vinegar

Baking Essentials

- flour: all purpose, white wheat, pastry flour, chickpea flour
- baking soda
- baking powder
- cocoa powder
- vegan chocolate chips
- vanilla Extract
- agave Nectar
- vegan or organic sugar
- organic brown sugar
- maple syrup
- flax meal
- chia seeds
- applesauce

Whole Grains

- white rice of your choice
- brown rice
- quinoa
- couscous
- pasta
- cornmeal
- panko
- rolled oats or steel cut oats
- Snacks
- crackers
- cookies
- pretzels
- popcorn (bagged or kernels)
- dried fruit
- sunflower seeds
- cashews
- peanuts
- almonds
- walnuts
- nut or seed butter

Canned Food

- veggie broth (or broth cubes)
- black beans
- white beans
- chickpeas
- pinto beans
- black and/or green olives
- chipotle chilies in adobo sauce
- salsa
- canned or boxed tomatoes
- tomato pasta
- roasted red peppers

Dried Herbs and Spices

- bay leaves
- cayenne pepper
- chili powder
- crushed red pepper
- curry powder
- dried dill
- garlic powder
- cinnamon
- ground cloves
- ground cumin
- ground ginger
- oregano
- paprika
- rosemary
- sesame seeds
- thyme
- nutmeg

Refrigerator

- vegan milk
- vegan yogurt (unless you're making your own, then you need soymilk with no additives)
- Earth Balance
- vegan cheese (optional)
- vegan bread
- vegan buns (hot dog, burger, or both)

Fruits & Veggies

- avocados
- carrots (whole, baby, chips, or shredded)
- celery
- grape tomatoes
- broccoli

- cauliflower
- bell peppers
- kale
- broccoli
- spinach
- salad greens
- parsley
- cilantro
- green onions
- ginger
- sweet potatoes
- red potatoes
- russet potatoes
- onions
- garlic
- lemons
- limes
- apples
- bananas
- oranges or tangerines
- mango
- grapes

Condiments

- fruit preserves
- ketchup
- vegan mayo
- yellow mustard
- whole grain mustard
- dijon mustard
- pickles
- sriracha sauce
- Buffalo sauce
- Tabasco
- vegan Worcestershire sauce
- low sodium soy sauce

Freezer

- Gardein
- corn
- peas
- broccoli
- edamame
- kale or spinach
- 2-3 kinds of frozen fruit
- vegan pie crust
- pizza dough
- vegan treats: ice cream, pops, etc.

