

PLANT FOOD PANTRY

Essentials

VEGETABLES

- | | |
|---|--|
| <input type="checkbox"/> Bell Peppers, red & yellow | <input type="checkbox"/> Mushroom |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Onion, green |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Onion, red |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Peas, fresh or frozen |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Romaine lettuce |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Leeks | <input type="checkbox"/> Zucchini |

HERBS, FRESH

- | | |
|-----------------------------------|----------------------------------|
| <input type="checkbox"/> Basil | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Cilantro | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Sage |
| | <input type="checkbox"/> Thyme |

FRUITS

- | | |
|-----------------------------------|---|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Berries, fresh or frozen |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Lemons |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Lime |
| | <input type="checkbox"/> Oranges |

DRIED FRUITS

- Coconut flakes
- Dates
- Raisins

GRAINS

- Buckwheat groats
- Millet
- Oats, steel-cut or rolled
- Quinoa
- Rice, brown or wild

Flours

- Buckwheat
- Spelt flour
- Whole wheat

BEANS, LEGUMES & SOY PRODUCTS

- | | |
|---|---|
| <input type="checkbox"/> Beans (kidney & black) | <input type="checkbox"/> Lentils, green |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Lentils, red |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Tempeh |
| | <input type="checkbox"/> Tofu |

PASTA

- Bean pasta
- Whole-grain, pseudo cereal pasta

NUTS & SEEDS

- Almonds
- Brazil nuts
- Cashew nuts
- Chia seeds
- Flax seeds
- Hemp seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

SEASONINGS, SPICES & DRIED HERBS

- Cayenne pepper
- Chili powder
- Cinnamon
- Coriander
- Cumin
- Garlic powder
- Herbes de Provence
- Italian seasoning
- Mustard seeds or powdered
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Pepper, black
- Red pepper flakes
- Smoked paprika
- Sun-dried tomatoes
- Turmeric
- Vanilla extract

CONDIMENTS & OILS

- Apple cider vinegar
- Coconut oil, virgin
- Dijon mustard
- Miso
- Olive oil, cold-pressed extra virgin
- Sesame oil, extra virgin
- Sesame oil, toasted
- Tamari or nama shoyu
- Thai red chili paste

MISCELLANEOUS

- Arrowroot powder
- Cacao powder
- Canned coconut
- Coconut purée
- Dulse flakes
- Kelp powder
- Nutritional Yeats
- Nut butter

SALT & NATURAL SWEETENERS

- Agave
- Maple syrup, grade B
- Rapadura or sucanat
- Sea salt