

PANTRY STAPLES & ESSENTIALS

Baking

- All Purpose Flour (1)
- Baking Powder
- Baking Soda
- Vanilla Extract
- Yeast
- Cocoa Powder

Oils

- Extra Virgin Olive Oil (General Purpose)
- Coconut Oil (Great For Baking)
- Canola Oil (For Very High Temperatures)
- Cooking Spray (Great for Grill Pans)

Nuts/Seeds

- Almonds* (2)
- Pistachios*
- Sunflower Kernels*
- Pumpkin Seeds*
- Walnuts*
- Cashews*
- Flavored Almonds (Like Wasabi Soy)
- Super Seeds: Hemp + Chia + Flax

Canned Beans

- Garbanzo
- Kidney
- Black
- Cannellini
- Refried

Misc. Canned Goods

- Jackfruit in Brine
- Mushrooms (Quick Recipe Add-In)
- Corn (Easy Mix In for Mexican Dishes)
- Diced Green Chili's

Cooking

- Italian & Panko Breadcrumbs
- Tahini
- Nutritional Yeast (A Plant Based Must!)
- Cornstarch (Great for Gravy's)
- Lite Unsweetened Coconut Milk – Can
- Unsweetened Coconutmilk – Box (Soups)

Vinegars

- Balsamic Vinegar
- Apple Cider Vinegar
- Red Wine Vinegar
- White Wine Vinegar
- Rice Vinegar
- Distilled White Vinegar

Nut Butters/Dried Fruit

- Nut Butters (Of Choice)
- Peanut Butter Powder (Protein Shakes)
- Optional: Raisins
- Optional: Dates

Grains & Lentils

- Quinoa
- Rice: Jasmine and/or Basmati
- Wild Rice Blend
- Lentils: Green & Red
- Optional: Brown Rice

Soups & Chili's

- Canned v-Chili
- Canned v-Lentil Soup
- v-Ramen
- Boxed Butternut Squash Soup
- Vegetable Broth (Keep Many On Hand)
- Vegetable Bullion

Sweeteners

- Granulated Sugar
- Powdered Sugar
- Brown Sugar
- Maple Syrup (Great for Marinades)
- Optional: Agave

Cereal/Breakfast

- 2-3 Healthy-ish Cereal (ie Raisin Bran)
- 1-2 Sugary Cereal (For Cravings/Snacks)
- Oats and/or Steel Cut Oats (Quick Cook)
- Bread
- Protein Powder
- Optional: Sugary Syrup

Snacks/Crackers

- v-Dark Chocolate Chips
- Tortilla Chips
- Pretzels
- Popcorn
- Saltine Crackers (Great for Soups/Chili's)
- Basic Neutral Cracker

Pasta, Sauce & Tomatoes

- Favorite Pasta Noodles (ie Angel Hair)
- Rotini or Orzo (For Pasta Salad)
- Couscous (Great Mix In for Veggie Bowl)
- Favorite Jar Pasta Sauce
- Can Diced Tomatoes
- Tomato Paste

Root Veggies

- Yellow Onions
- Red Onion
- Baby Potatoes (3)
- Sweet Potatoes

1 For most people (unless you have allergies or issues with gluten) it is easiest just to stock all-purpose flour and use it in the majority of recipes. Some recipes call for more exotic flours (like oat, almond, etc) but you can substitute all purpose with a slight learning curve.

2 You can buy a prepackaged Mixed Nuts combo for ease, but since plant based eaters usually consume more nuts than average eaters (for their high protein content), we find it more cost-effective and tastier to make our own.

3 We keep versatile "baby potatoes" on hand instead of whole potatoes for simplicity.

REFRIGERATOR STAPLES & ESSENTIALS

Condiments

- Ketchup
- Mustard: Yellow & Dijon
- v-Mayo
- v-BBQ Sauce
- v-Dressings: Italian & Creamy
- Lemon Juice
- Salsa

Dairy

- Almond, Soy, or Oat Milk (Unsweetened)
- Non Dairy Butter: Tub & Sticks
- Non Dairy Cheese: Slices & Shreds

Proteins

- Tofu (Firm or Extra Firm) (7)
- Tofurky Plant Based Sausage
- Hummus (Great for Snacking)

Sauces

- Soy Sauce (or Coconut Aminos or Tamari)
- Teriyaki
- Gyoza Dipping Sauce
- v-Worcestershire
- Hot Sauce (Fav – Frank's Red Hot!)
- Sriracha

Salad & Snacking Veggies

- Shredded Carrots (4)
- Spring Mix, Spinach or Romaine (5)
- Radishes
- Cucumbers
- Bell Peppers
- Cut Broccoli
- Mushrooms
- Baby Carrots (6)
- Celery
- Edamame in Pod (cooked & salted)

Misc.

- Minced Garlic (Large Bottle) (8)
- Sun Dried Tomatoes
- v-Jelly or v-Jam
- Tortillas: Flour & Corn
- Lemons & Limes

Pickles, Olives & Peppers

- Snacking Pickles (Whole or Spear)
- Relish
- Hamburger Dills
- Green Olives
- Sliced Black Olives
- Sliced Pickled Jalapenos

Cooking Veggies

- Zucchini
- Yellow Squash
- Cauliflower
- Whole Green Beans
- Brussel Sprouts
- Asparagus

Best Outside the Fridge

- Cherry Tomatoes (9)
- Avocado's
- Banana's
- Apple's
- Spaghetti Squash

4 It is so worth spending a few cents more to keep Shredded Carrots on hand because they come in very handy from daily salads to quick recipe throw in's.

5 Rotate your lettuce consumption (romaine-spring mix-spinach-kale) to prevent getting tired of one type.

6 We take the easy way out and use baby carrots in the place of regular carrots, to save a little space in the fridge. Regular carrots definitely taste better but the extra step to peel them sometimes makes a recipe too complicated. If you are making something special, go for the regular, but for every day go for easy.

7 We always keep a couple of packages of tofu on hand and have noticed that the "Extra Firm" ones tend to have less liquid within them, so you need to do less work to get the liquid "pressed" out of them.

8 We ALWAYS substitute premade Minced Garlic in a jar (usually the large 32 oz jar is on hand) for fresh garlic in our recipes. There may be a slight difference in taste (not overly huge) but the time-saving advantage is considerable.

9 We ALWAYS have a container of cherry tomatoes on hand, they taste great and tend to have a decent shelf life. We substitute them for other tomatoes whenever possible.

FREEZER STAPLES & ESSENTIALS

Protein Replacements

- Chick'n: Nuggets/Patties/Strips
- Chick'n: Asian Flavor Morsels
- Beef-less: Ground & Burgers
- Beef-less: Meatballs
- Veggie Crumbles (Great in Soups)

Veggies & Fruit

- Mixed Veggies and/or Peas
- Stir Fry Veggies
- Blueberries (Great in Shakes & Oatmeal)
- Mixed Berries (Shakes & Oatmeal)

Potatoes

- Tater Tots or French Fries
- Sweet Potato Fries
- Homestyle Potatoes w/ Peppers & Onion
- Hashbrowns

HERBS/SPICES STAPLES & ESSENTIALS

Must Have Mixes & Blends

- Nature's Seasons (Best All Purpose)
- Deliciu Bacon Seasoning (Bacon Sub)
- Taco Seasoning
- Everything But The Bagel Seasoning
- Seasoned Salt (Great For Potatoes)
- Italian Seasoning (A Super Combo)

Basic Essentials

- Salt: Iodized, Sea & Pink Himalayan
- Black Pepper
- Garlic Powder
- Onion Powder
- Chili Powder
- Cayenne Pepper
- Red Chili Pepper
- Dill
- Basil
- Oregano
- Turmeric
- Paprika
- Cinnamon

Good To Have

- Nutmeg
- Rosemary
- Cumin
- Celery Salt
- Thyme
- Bay Leaves
- Ground Ginger

Guide To Using This Resource:

Our Staples & Essentials Guide is meant to be a helpful resource for anyone looking to stock their kitchen with plant-based ingredients. While we've included notes for some items to explain their specific benefits as we see them, it's important to remember that this list is not exhaustive and you may want to make adjustments based on your own needs and preferences. And, it's always worth noting that it is important to check the ingredients listed on the package before purchasing any food items to ensure they are plant-based.