Pantry Essentials Checklist

plant based



Baking

- [ ] Whole wheat flour
- [ ] Baking soda
- [ ] Baking powder
- [ ] Cocoa powder (unsweetened)
- [ ] Pure vanilla extract
- [ ] Brown sugar
- [ ] Maple syrup

Rice and Grains

- [ ] Long-grain, brown, or wild rice
- [ ] Quinoa
- [ ] Whole grain pasta
- [ ] Polenta
- [ ] Whole grain bread or tortillas

Other Dry Goods

- [ ] Pretzels or popcorn
- [ ] Dried fruit: raisins, apricots or cherries
- [ ] Seeds: sunflower, flax, pumpkin, or hemp
- [ ] Nuts and/ or nut butter
- [ ] Old-fashioned rolled oats or quick

Canned Goods

- [ ] Vegetable broth
- [ ] Beans: cannellini, navy, kidney, chickpeas, lentils, or black (choose at least 2)
- [ ] Salsa
- [ ] Diced tomatoes and tomato paste
- [ ] Fruit, such as unsweetened applesauce or peaches
- [ ] Vegetables, such as corn or peas

Dried Herbs and Spices

- [ ] Cajun seasoning
- [ ] Cayenne or chili powder
- [ ] Curry powder
- [ ] Garlic
- [ ] Ground ginger
- [ ] Paprika
- [ ] Rosemary
- [ ] Thyme

Produce

- [ ] At least 4 fresh fruits and/ or vegetables Ex. Apples, green beans, salad greens, and tomatoes
- [ ] At least 4 frozen fruit and/ or vegetable choices Ex. Strawberries, broccoli, diced potatoes, pepper strips

Plant Dairy

- [ ] Plant milk (for smoothies, oatmeal, or cooking)
- [ ] Plant based yogurt (for a snack)
- [ ] Cashews and nutritional yeast (if interested in making ‘cheese’ sauce) or store bought cheese replacement (should only be used occasionally)

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