

# Pantry Essentials Checklist

plant based



## Baking

- |   |   |
|---|---|
| <input type="checkbox"/> Whole wheat flour    | <input type="checkbox"/> Baking soda                |
| <input type="checkbox"/> Baking powder        | <input type="checkbox"/> Cocoa powder (unsweetened) |
| <input type="checkbox"/> Pure vanilla extract | <input type="checkbox"/> Brown sugar                |
| <input type="checkbox"/> Maple syrup          |   |

## Rice and Grains

- |  |                                  |
|--|----------------------------------|
| <input type="checkbox"/> Long-grain, brown, or wild rice | <input type="checkbox"/> Quinoa  |
| <input type="checkbox"/> Whole grain pasta               | <input type="checkbox"/> Polenta |
| <input type="checkbox"/> Whole grain bread or tortillas  |                                  |

## Other Dry Goods

- |   |   |
|---|---|
| <input type="checkbox"/> Pretzels or popcorn                      | <input type="checkbox"/> Dried fruit: raisins, apricots or cherries |
| <input type="checkbox"/> Seeds: sunflower, flax, pumpkin, or hemp | <input type="checkbox"/> Nuts and/ or nut butter                    |
| <input type="checkbox"/> Old-fashioned rolled oats or quick       |   |

## Canned Goods

Vegetable broth

Salsa

Fruit, such as unsweetened applesauce or peaches

Beans: cannellini, navy, kidney, chickpeas, lentils, or black (choose at least 2)

Diced tomatoes and tomato paste

Vegetables, such as corn or peas

## Dried Herbs and Spices

Cajun seasoning

Curry powder

Ground ginger

Rosemary

Cayenne or chili powder

Garlic

Paprika

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)

Cashews and nutritional yeast (if interested in making 'cheese' sauce) or store bought cheese replacement (should only be used occasionally)

Plant based yogurt (for a snack)

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