

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

☐ 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)

Make and Share Free Checklists
checkli.com