

# Foods to Stock in Your Plant-Based Pantry

A list of the plant-based pantry essentials that will help you kickstart your shopping list and stock a healthy pantry.

## Organic Whole Grains *(and Pseudo-Grains)*

- Brown rice
- Oats (whole groats, steel-cut, and/or rolled)
- Buckwheat
- Amaranth
- Teff
- Quinoa
- Millet

## Organic Legumes *(Dried and Canned)*

- Black beans
- Pinto beans
- Green/brown lentils
- French lentils
- Chickpeas (aka garbanzo beans)

## Nuts and Seeds *(and Nut and Seed Butters)*

- Almonds and almond butter
- Walnuts
- Cashews and cashew butter
- Flax seeds
- Chia seeds
- Hemp seeds
- Sunflower seeds and sunflower seed butter
- Pumpkin seeds

## Select Organic Flours

- Legume flours, such as chickpea
- Oat flour
- Almond flour
- Legume pasta, such as lentil penne
- For some people, gluten-free baking mixes and whole wheat flour can make an appearance, too

## Spices and Seasonings

- Turmeric
- Cinnamon
- Ginger
- Cumin
- Paprika (sweet and smoked)
- Chili pepper
- Nutritional yeast
- Any others that you love and use regularly

## Organic Tomato Products

- Tomato paste
- Diced/crushed tomatoes
- Whole tomatoes
- Tomato sauce
- Any that you use often

## Dried Fruit

- Dates
- Cranberries
- Any others that you love

## Oils *(if you use them)*

- Avocado oil
- Extra virgin olive oil

## Liquids

- Plant-based milk (plain, unsweetened)
- Vegetable broth (unsalted)
- Coconut aminos
- Reduced-sodium tamari
- Organic apple cider vinegar
- Sherry or red wine vinegar
- Organic rice vinegar