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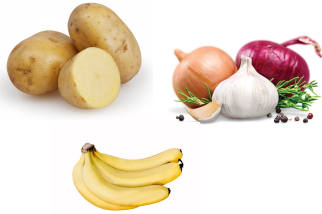
Must-Haves for Your Plant-Based Kitchen

Be ready for many plant-based recipes and improvised meals and snacks with these ingredients on hand

PANTRY

Fruits and vegetables

- Potatoes
- Onions
- Garlic
- Tomatoes
- Avocados
- Bananas
- Other fruits in season (pears, oranges)
- Jars of salsa
- Cans of tomato paste, diced tomatoes, tomato sauce



Legumes

- Cans of beans, including no-fat refried beans and chili beans
- Dried lentils and dried beans

Grains

- Whole-grain pasta
- Brown rice, quinoa
- Oatmeal
- Whole wheat tortillas, corn tortillas
- Whole grain bread
- Whole wheat flour or other flour



Nuts and Seeds

- Flaxseed meal
- Roasted seeds (sunflower, pumpkin)
- Roasted sesame paste
- Peanut and almond butter
- Tahini

Other

- Shelf-stable nondairy milk
- Shelf-stable silken tofu
- Apple cider vinegar
- Vegetable broth powder or cubes
- Vital wheat gluten
- Cornstarch



REFRIGERATOR

- Long-lasting vegetables (e.g., carrots, celery, kale, broccoli, cabbage, cauliflower, green beans)
- Each week re-supply salad greens
- Fruit—apples, grapes, berries
- Lemons
- Broccoli and/or cabbage slaw
- Cilantro and parsley
- Miso
- Vegan mayonnaise, mustard, and other condiments
- Soy sauce
- Nutritional yeast
- Hummus



SPICE RACK

- Basil
- Chili powder
- Cinnamon
- Cumin
- Garlic powder
- Italian herbs
- Onion powder
- Oregano
- Red chili flakes
- Thyme
- Turmeric



FREEZER

- Tempeh
- Raw cashews and other nuts
- Frozen vegetables (spinach, corn, peas, edamame, etc.)
- Frozen fruit for smoothies
- Frozen cooked ingredients, as you have a chance to make extra: cooked lentils, rice, quinoa, etc.
- Leftover sauces, entrees, and soups

*Cooking is at once child's play and adult joy.
And cooking done with care is an act of love.
Craig Claiborne*