

# PLANT FORWARD EATING: PANTRY LIST

These items are all healthy, shelf-stable ingredients that should always be present in your pantry. That way you only have to replenish your fresh, perishable foods weekly to make shopping quick and easy. Always check this list before you head to the market to make sure your pantry is stocked and feel free to overbuy, as these items are good for months in your pantry when stored correctly.

## Seasonings

_____ Black Pepper	_____ Oregano	_____ Paprika
_____ Cayenne Pepper	_____ Garlic Salt	_____ Red Pepper Flakes
_____ Chili Powder	_____ Italian Seasoning	_____ Salt, coarse
_____ Cinnamon	_____ Nutmeg	_____ Tajin Spice
_____ Cumin	_____ Nutritional Yeast	_____ Turmeric
_____ Curry Powder	_____ Onion Powder	_____

## Cold Pantry

_____ ACV	_____ Red Wine Vinegar	_____ Tamari
_____ Apple Sauce	_____ Rice Vinegar	_____ White Miso Paste
_____ Dijon Mustard	_____ Sriracha	_____

## Dried Pantry

_____ Agave Nectar	_____ Coconut Oil	_____ Pepitas
_____ Almond Butter	_____ Cornstarch	_____ Pinto Beans, dried
_____ Almonds, raw	_____ Cornmeal	_____ Protein, vanilla
_____ Baking Powder	_____ Cranberries, dried	_____ Protein, chocolate
_____ Baking Soda	_____ Flax, ground	_____ Quinoa
_____ Black Beans, dried	_____ Garlic, cloves	_____ Sesame Oil
_____ Brown Rice	_____ Honey	_____ Sesame Seeds
_____ Brown Sugar	_____ Kidney Beans, dried	_____ Spray Oil
_____ Cashews, raw	_____ Lentils, dried	_____ Tahini
_____ Chia Seeds	_____ Oats	_____ Tomatoes, canned
_____ Chickpeas, dried	_____ Oat Flour	_____ Walnuts
_____ Coconut Flakes	_____ Olive Oil	_____ White Bean, dried
_____ Coconut Milk	_____ Peanut Butter	_____

Note: Items in purple are in this guide. Items in grey are just good to have and are featured in my other guides.