

# PANTRY CHECKLIST

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PANTRY ITEM	STOCKED AMOUNT	NEED TO BUY
<b>WHOLE GRAINS:</b>		
QUINOA		
BROWN RICE / WHITE RICE		
OATS		
WHOLE GRAIN PASTA		
<b>LEGUMES:</b>		
LENTILS		
CHICKPEAS		
BLACK BEANS		
PINTO BEANS		
RED BEANS		
WHITE BEANS		
SPLIT PEAS		
<b>NUTS AND SEEDS:</b>		
ALMONDS		
CASHEWS		
CHIA SEEDS		
FLAXSEEDS		
SUNFLOWER SEEDS		
WALNUTS		
<b>FLOURS:</b>		
WHOLE WHEAT FLOUR		
ALMOND FLOUR		
CHICKPEA FLOUR		
PANKO CRUMBS		

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PANTRY ITEM	STOCKED AMOUNT	NEED TO BUY
<b>PLANT-BASED PROTEINS:</b>		
TOFU (SHELF-STABLE OR FRESH)		
TEMPEH		
SEITAN		
<b>CANNED GOODS:</b>		
COCONUT MILK		
DICED TOMATOES		
VEGETABLE BROTH		
<b>SPICES AND SEASONINGS:</b>		
NUTRITIONAL YEAST		
TUMERIC		
GINGER		
SMOKED PAPRIKA		
REGULAR PAPRIKA		
CUMIN		
GARLIC POWDER		
ONION POWDER		
OREGANO		
<b>OTHER ESSENTIALS:</b>		
OLIVE OIL		
APPLE CIDER VINEGAR		
SOY SAUCE OR TAMARI		
RICE VINEGAR		
MAPLE SYRUP OR AGAVE SYRUP		
PEANUT OR ALMOND BUTTER		

