

Vegan Fridge and Pantry Ideas

Choose what sounds good to you now. In time, your personal pantry list will likely grow as you explore new recipes and flavors.

PRODUCE to keep in Fridge (lasts up to 2 weeks or more)

carrots
celery
red and green cabbage
bell peppers
apples
citrus fruit (oranges, grapefruit, etc.)

PRODUCE to keep in a cool, dry place (lasts up to 2 weeks or more)

onions
garlic
potatoes
sweet potatoes

GRAINS

rice (brown, wild, basmati, jasmine)
oats (rolled or steel-cut)
quinoa

PASTAS

whole wheat pasta
lentil pasta
brown rice pasta

CANNED & BOTTLED GOODS

diced tomatoes
tomato paste
bottled spaghetti sauce
salsa
unsweetened apple sauce
bottled lemon/lime juice

DRIED FRUITS

raisins
cranberries – unsweetened or organic sweetened

CONDIMENTS

tahini
almond butter
peanut butter
fruit preserves
ketchup (organic)
mustard (whole grain, dijon, brown mustard)
tamari or soy sauce

LEGUMES (beans, peas, lentils) - can be dried or canned

lentils (green and red)
black beans
chickpeas (garbanzo beans)
kidney beans
pinto beans
white beans (cannellini, navy, great northern)
refried pinto beans
refried black beans

FLOURS

whole wheat pastry flour
whole wheat flour

SWEETENERS

pure maple syrup
dates

NUTS & SEEDS (I store in freezer to prevent oxidation)

almonds
cashews
chia seeds
flaxseed meal
hemp hearts (hulled hemp seeds)
pecans
pepitas (pumpkin seeds)
pistachios
sesame seeds (white, black & toasted)
sunflower seeds (raw or toasted)
walnuts

VINEGARS

apple cider vinegar
balsamic vinegar
red wine vinegar
rice vinegar
white wine vinegar

PACKAGED AND OTHER

nutritional yeast
tortillas (corn or whole wheat)
breads (I love Dave's Killer Bread)
cocoa/cacao powder
Enjoy Life semi sweet mini chocolate chips
baking soda
aluminum free baking powder
Plant-based milk (oat, soy, etc.)

FREEZER ITEMS

frozen fruits (berries, mango, etc.)
frozen vegetables (corn, peas, edamame, etc.)

HERBS & SPICES

bay leaves
cayenne
chili powder
cinnamon
cumin
curry
garlic powder
ginger
italian seasoning
oregano
onion powder
paprika (sweet and smoked)
red pepper flakes
rosemary
sage
thyme
turmeric
vanilla extract