

# Stocking Your Kitchen

*Maintaining a well-stocked pantry and fridge is a great way to have everything at your fingertips to prepare healthy, well-balanced meals every day. It also helps get your creative juices flowing, saves time in the kitchen and saves money on eating out.*

This list is a general resource, so don't feel you need to stock all of this food in your kitchen. Just use it as a guide to help create or add to your own master list so you can get started on your vegan food journey with confidence. And if some of the food on this list is new to you, that's good! Try out a new food a few times a month and see how you like it.

## **Fresh Fruit**

Apples  
Avocados  
Bananas  
Mixed berries  
Cherries  
Cucumbers  
Kiwi  
Peaches  
Pears  
Plums

## **Dried Fruit**

Apricots  
Cherries  
Figs  
Medjool dates  
Prunes  
Raisins

## **Oils (Optional)**

Coconut oil  
Flaxseed oil  
Hemp seed oil  
Olive oil  
Sesame oil

## **Herbs and Spices**

Basil  
Cayenne  
Cilantro  
Cinnamon  
Dill  
Fennel  
Ginger  
Nutritional yeast  
Oregano  
Parsley  
Rosemary  
Thyme  
Turmeric

## **Vegetables**

Broccoli  
Cabbage  
Carrots  
Cauliflower  
Collards  
Dandelion greens  
Kale  
Mustard greens  
Spinach  
Swiss chard  
Mixed frozen vegetables

## **Sweeteners**

Coconut sugar  
Date sugar  
Fresh fruit juice  
or purée  
Molasses  
Pure maple syrup

## **Breads, Tortillas, Crackers**

Spelt bread  
Sprouted-grain bread (cinnamon raisin, sesame, etc.)  
Whole grain crackers  
Whole grain pita bread  
Whole grain tortillas

## **Nut and Seed Butters**

Almond butter  
Cashew butter  
Peanut butter  
Sesame butter  
Tahini (made from sesame seeds)



### Condiments, Sauces, Spreads

Balsamic vinegar  
BBQ sauce  
Black sesame seeds  
Hummus  
Ketchup  
Mayo (egg-free)  
Mustard  
Pasta (marinara) sauce  
Peanut sauce  
Pesto  
Red wine or white wine vinegar  
Rice vinegar  
Salsa  
Stir-fry sauces, like hoisin and black bean sauce

### Plant-Based Milks

Almond milk  
Coconut milk  
Hazelnut milk  
Hemp milk  
Oat milk  
Rice milk (from brown rice)  
Soy milk

### Nuts

Almonds  
Brazil nuts  
Cashews  
Flax seeds  
Hemp seeds  
Pecans  
Pistachios  
Pumpkin seeds  
Sunflower seeds  
Walnuts

### Beans

Black beans  
Black-eyed peas  
Chickpeas (garbanzo beans)  
Falafel mix  
Lentils (French, green, red)  
Lima or butter beans  
Navy beans  
Red kidney beans  
Split peas

### Whole Grains

Barley  
Black, brown or wild rice  
Bulgur  
Corn  
Millet  
Quinoa  
Rolled oats

### Whole Grain Pastas and Noodles

Angel hair  
Fettuccine  
Penne  
Soba  
Spaghetti  
Spirals (or Rotini)  
Udon

### Tofu, Tempeh, Seitan

*(For definitions, see Glossary on page 2)*

Seitan (cubed or diced)  
Tempeh (sliced or strips)  
Tofu, extra firm (for stir-frying, oven-baking, grilling)  
Tofu, soft (for dips, puddings, baked desserts)

