

# Plant Based & Gluten Free Pantry List Staples

## ***Vegetables & Fruits***

- ANY & ALL WHOLE vegetables and fruits are encouraged (this includes canned, jarred, frozen & dried)\*

## ***Whole Grains***

- Rice (brown, jasmine, basmati, arborio, wild)
- Oats
- Quinoa
- Brown Rice pasta blends
- Soba Noodles
- Whole Grain Bread (Gluten Free)
- Corn Tortillas
- Millet
- Buckwheat
- Amaranth
- Teff
- Sorghum

## ***Beans/Legumes***

- Black Beans
- Pinto Beans
- Kidney Beans
- Navy Beans
- Pink Beans
- Cannelloni (White) Beans
- Mung Beans
- Lima Beans
- Chickpeas
- Lentils (all varieties)
- Black Eyed Peas
- Split Peas
- Edamame
- Tofu
- Tempeh
- Seitan

## ***Nuts/Seeds***

- Almonds
- Walnuts
- Cashews
- Macadamia
- Hazelnut
- Peanuts (actually a legume)
- Pecans
- Pistachios
- Pine Nuts
- Nut Butters
- Pumpkin Seeds
- Sunflower Seeds
- Flax Seeds
- Chia Seeds
- Hemp Seeds

## ***Condiments/Oils***

- Low Sodium Tamari or Gluten Free Soy Sauce
- Coconut Amino Acids
- Miso Paste
- Seaweed
- Hot Sauce
- Tahini
- Mustard (Dijon, Stone ground, Yellow)
- Mayonnaise (Plant Based)
- Butter (Plant Based)
- Chili Paste
- Chipotles in Adobo Sauce
- Vinegars (Rice, Balsamic, Apple Cider, White, Red)
- Oil (Avocado, Olive, Grape-seed, Coconut, Walnut, Sesame)
- Olives
- Capers
- Dill Pickles
- Horseradish
- Worcestershire

## ***Cooking/Baking***

- Vegetable Stock
- Cooking Spray
- Baking Powder
- Baking Soda
- Corn Starch
- Potato Starch
- Arrowroot Starch
- Tapioca Starch
- Nutritional Yeast
- Almond Meal (flour)
- Chickpea Flour
- Gluten Free All Purpose Flour Blend
- Xanthan Gum
- Unsweetened Cocoa Powder
- Dark Chocolate (Dairy Free)
- Raw Cocoa Nibs
- Coconut Milk (light & full fat)
- Pure Vanilla Extract
- Vanilla Beans
- Goji Berries
- Unsweetened Applesauce
- Medjool Pitted Dates
- Coconut Sugar
- Pure Maple Syrup
- Agave Nectar
- Blackstrap Molasses
- Stevia

## ***Spices/Herbs (fresh or dried)***

- Salt
- Pepper
- Garlic powder
- Onion Powder
- Chili Powder
- Cumin
- Paprika
- Curry Powder
- Turmeric
- Oregano
- Thyme
- Basil
- Parsley
- Rosemary
- Sage
- Coriander
- Marjoram
- Italian Seasoning
- Cayenne
- Red Chili Flake
- Chives
- Cilantro
- Ginger
- Dill
- Dry Mustard
- Celery Seed
- Mint
- Cinnamon
- Cloves
- Star Anise
- Nutmeg
- Allspice

## ***Plant Based Milks***

- Almond
- Rice
- Oat
- Hemp
- Soy
- Cashew
- Coconut
- Pea Protein
- Quinoa

*\*When choosing canned, jarred, frozen or dried, be sure to check ingredients for any unwanted additives*