

PANTRY STAPLES

Canned goods:

- creamy coconut milk
- tomato sauce
- chopped tomatoes
- capers
- oil packed sundried tomatoes
- pineapple in juice

Fridge:

- soy butter
- miso
- dijon mustard
- non dairy milk of your choice (soy, oat, rice)
- tofu, tampeh, seitan
- veganaise
- ketchup

Cupboard:

- agar powder
- agave nectar
- neutral baking powder
- maple syrup
- date syrup
- palm sugar
- brown sugar
- nutritional yeast
- spirulina powder
- acai powder
- tahina
- peanut butter
- cocoa powder
- non-dairy chocolate chips
- shredded coconut

Seeds:

- sunflower seeds
- pumpkin seeds
- chia seeds
- flaxseeds

Flours:

- all purpose
- manitoba
- chickpea
- cornmeal
- cornstarch
- masa harina
- buckwheat

Condiments:

- olive oil (a good one to only use raw and a cooking one)
- grapeseed oil
- peanut oil
- toasted sesame oil
- mirin
- soy sauce
- apple cider vinegar
- balsamic vinegar
- wine vinegar
- brown rice vinegar
- vegetarian oyster sauce (aka stir-fry sauce)
- worchestershire sauce
- liquid smoke
- cooking wine
- herbs and spices of your choice

Grains:

- bulgur
- cous cous
- kasha
- millet
- oats
- quinoa
- polenta
- basmati rice
- carnaroli rice

Pasta:

- wheat pasta of your choice (I like tortiglioni and cavatappi)
- gluten free pasta (I like corn pasta)
- beans flour pasta (I like lentils flour pasta)

Beans:

- black beans
- cannellini
- black eyed
- white beans

- lentils
- peas
- chickpeas

Dried fruits:

- almonds (whole and sliced)
- walnuts
- pecan
- pine nuts
- hazelnuts
- cashew
- sultanas, raisins, currants
- dried cranberries
- dried apricots
- dried cherries
- dates