

Kitchen & Pantry Staple Items

Dry Goods	Perishables	Kitchen Essentials
<p><u>Beans & Lentils:</u> Whole dry beans (try heirloom varieties) and dehydrated flakes, peas, lentils (green/brown, red, split-yellow/green, black).</p> <p><u>Canned low sodium varieties:</u> garbanzo, black, cannellini, kidney, fat-free refried, black-eye peas</p> <p><u>Whole Grains:</u> Rice (brown, red, wild), oats (steel cut, rolled, quick cooking), quinoa, millet, barley, bulgur wheat, popcorn, farro, buckwheat. 100% whole grains: whole wheat pasta/flour, brown rice pasta/flour, oat flour</p>	<p><u>Produce:</u> Choose a rainbow, shop two times per week, consider a produce box delivery</p> <p><u>Vegetables/Fruit:</u> fresh, in-season, frozen, precut, dried</p> <p>Starchy vegetables: potato, sweet potato, winter squash, plantain, celery root</p> <p>Aromatics: (onion, garlic, fresh ginger)</p> <p>Fresh herbs: cilantro, parsley, basil, mint, dill</p> <p><u>Protein-rich foods:</u> Tofu (firm, silken), tempeh, seitan, edamame, steamed lentils, hummus, yuba noodles</p>	<p><u>Utensils:</u> Knives – sharpened! Cutting boards Non-stick spoon/spatula/tongs, wooden spoon, microplane/food scale, measuring cups & spoons, high-speed blender, food processor, salad spinner</p> <p><u>Cooking:</u> skillet, wok, dutch oven, roasting tray: enamel, non-stick, cast iron, slow cooker, pressure cooker, Instapot baking/roasting trays/dishes, rice cooker, silicone mats, pressure cooker/dehydrator</p>
<p><u>Spices:</u> black pepper, onion flakes, sea salt, granulated garlic, ground and whole cumin, smoked paprika, curry powder, fennel seeds, turmeric, cinnamon, dulce (seaweed flakes).</p> <p><u>Sweeteners:</u> maple syrup, honey, stevia, black-strap molasses, real vanilla extract Cocoa powder (raw)</p>	<p><u>Miscellaneous:</u> Non-dairy drinks: soy, oat, rice, almond. Yogurt: cashew, almond, soy, (choose unsweetened) Cheese: nut or soy based</p> <p><u>Convenience foods:</u> <i>100% whole grain</i> products: bread, crackers, tortillas, cereal, popcorn, Fresh soups, one-dish meals</p>	<p><u>Storage:</u> Sealable containers for dry goods, batch cooking, freezer to oven and bags, e.g. Snap/Tupperware, Mason jars, etc. Meal-size containers for heating up leftovers Parchment paper, foil</p>
<p><u>Miscellaneous:</u> Umami enhancers: tomato paste, sun-dried tomatoes, canned tomatoes, diced/whole), nutritional yeast, vinegar (rice wine, balsamic, red wine, apple cider), vegan Worcestershire, low sodium tamari or soy sauce, chili hot sauce, dehydrated mushrooms (wild, shiitake). Light coconut milk, curry paste, miso paste.</p>	<p><u>Minimize:</u> Plant-based fake meats and substitutes, cheeses, (these contain highly processed ingredients, sodium and added oils so use less than once per day, if at all.)</p> <p><u>Oils:</u> E.V. olive oil, organic canola oil. (bottle or spray)</p>	<p><u>Notes/Personal Additions:</u></p>