

Well-Stocked Pantry

- Applesauce (unsweetened)
- Baking powder (aluminum free)
- Baking soda
- Beans (dried and/or canned, all kinds)
- Canned tomatoes (whole, diced, crushed, seasoned, fire roasted) – no salt added
- Canned tomato sauce, tomato paste – no salt added
- Canned vegetables (artichokes, roasted red peppers, pumpkin)
- Cereals (made from whole grains with minimal ingredients and no added fat)
- Cornstarch/arrowroot powder
- Dried fruits (prunes, raisins, currants, figs, dates, apricots, etc.)
- Flours (whole wheat flour, whole wheat pastry flour, oat flour, sorghum flour) ***
- Grains (brown rice, barley, millet, bulgur, sorghum, rolled oats, quinoa, etc.)
- Herbal teas
- Hot sauce (tabasco, hot chili sauce, etc.)
- Mustard (prepared)
- Natural sweeteners (e.g., maple syrup, brown rice syrup) ***
- Nondairy milk
- Nut butters – oil free (peanut, almond, cashew, etc.) ***
- Nuts (raw, no salt added) ***
- Pasta (made from whole wheat, quinoa, lentil, or rice)
- Pasta sauces (fat free)
- Popcorn kernels for air popping
- Salad dressings (fat free)
- Salsa (bottled)
- Soy sauce (low sodium)/liquid aminos
- Vegan Worcestershire sauce
- Vegetable broth (low sodium/no salt added)
- Vinegars (balsamic, rice, wine)

*** Optional and should be used sparingly.

Well-Stocked Fresh Pantry

- Bread (100% whole grain flour, low fat, low sodium) ***
- Garlic
- Ginger
- Onions/shallots
- Potatoes – all varieties
- Tomatoes
- Lemons/limes

Well-Stocked Fridge

- Cooked grain of the week
- Cooked bean of the week
- Dips and sauces (e.g., hummus (oil free), salsa)
- Fresh vegetables (some cut up)
- Fresh fruits (some cut up)
- Garlic (minced)
- Ginger (minced)
- Jellies and jams (no sugar added) ***
- Miso paste
- Nondairy milk
- Roasted or baked potatoes and/or sweet potatoes
- Tofu, silken or regular

Well-Stocked Freezer

- Brown rice (precooked) or other cooked grains
- Corn/whole grain tortillas (no added fat)
- Fruits (blueberries, mangoes, strawberries, cherries, etc.)
- Hash brown potatoes (no added fat)
- Vegetables (without sauces)
- Whole wheat buns ***

*** Optional and should be used sparingly.

Herbs and Spices

- Allspice
- Basil
- Bay leaf
- Cayenne pepper and/or chipotle powder
- Chili powder
- Cinnamon
- Coriander
- Crushed red pepper
- Cumin (ground)
- Curry powder
- Dill
- Garlic powder (not garlic salt)
- Marjoram
- Mustard (dry)
- Nutmeg
- Onion powder
- Oregano
- Paprika and/or smoked paprika
- Parsley flakes
- Pepper (black, red, or smoked)
- Rosemary
- Sage
- Salt
- Tarragon
- Thyme
- Turmeric
- Vanilla beans or pure vanilla extract
- Vegetables seasoning mixture