

PANTRY & FRIDGE ESSENTIALS

PRODUCE

bananas
potatoes
sweet potatoes
avocado
lemons
apples
zucchini
garlic
onions
spinach
kale
romaine
seasonal produce

FRIDGE

plant milk
Medjool dates
hummus
sauerkraut
miso
veggie broth
tofu

FREEZER

frozen bananas
frozen fruit
meat substitutes

PANTRY

rice
chickpea flour
quinoa
vital wheat gluten
brown rice pasta
oats
cashews
sunflower seeds
almonds
tahini
sesame seeds
flax seeds
chia seeds
dried beans
dried fruit
canned beans
diced tomatoes
canned coconut milk
salsa
peanut butter or PB2
cocoa powder
organic sugar
maple syrup
hot sauces
nutritional yeast
nori sheets
kombu
spring roll wrappers
olive oil
coconut oil
Bragg's liquid aminos
tamari (or soy sauce)
apple cider vinegar
liquid smoke
spices and herbs