

# FLEXITARIAN PANTRY

## cupboard

### staples

Canned Beans  
refried+black+great northern+chickpeas  
Dry Grains and Beans  
rice+quinoa+quick farro+couscous+lentils  
Oatmeal  
rolled + steel-cut  
Pasta  
long pasta + short pasta + soba noodles

### oil & vinegar

Olive Oil  
Neutral oil  
grapeseed/ avocado/vegetable  
Sesame oil  
Vinegar  
red wine + balsamic

### baking

Flour  
all purpose + white whole wheat  
Sugar  
brown + white  
Baking Soda + Baking Powder  
Vanilla extract (save \$ and use imitation)  
Honey/maple syrup

### cooking

Canned Tomatoes  
14oz + 28oz | crushed or whole  
Jarred Fire-roasted Peppers  
Canned Sweet corn  
Chicken / Vegetable stock or bouillon cube  
Canned coconut milk  
Nutritional yeast  
Soy sauce  
Sake

### eating

Canned Soup  
Jarred Salsa  
Jarred Marinara Sauce  
Shelf Stable Plant Milk

## refrigerator

Miso Paste  
Dashi powder  
Red or green curry paste  
Tofu  
Tempeh  
Eggs  
Lemons  
Nut Butter  
tahini + almond + peanut  
Salad Dressing

## freezer

Sourdough/ Ezekiel bread  
Corn tortillas  
Fruit  
raspberries + mixed berries/blueberries  
Vegetables  
shelled edamame + peas + spinach  
Nuts  
pine nuts+walnuts+ almonds  
Frozen ginger and garlic cubes  
Parmesan cheese  
Butter  
Meat/Fish

## vegetables

Onion  
Garlic  
Potato  
Sweet potato  
Hard squash  
kabocha/ acorn/ spaghetti