

VEGETARIAN 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
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
Kombu 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

vegetables

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