

Clean Food Dirty Girl

STAPLE INGREDIENTS DOWNLOAD

Staple Ingredients When Cooking and Eating a Whole Food Plant Based Diet

Whether you follow our weekly whole food plant based meal plans or not, a well-stocked kitchen is a must when transitioning to a healthy plant based diet. To help you on your journey, here is a list of the most common staple ingredients when cooking plant based meals.

The list is broken up into three categories: bulk, spices & herbs, and packaged. You won't need all of these ingredients each week, but everything on this list keeps for a long time so when you do need them, they will be waiting for you.

BULK

In bins/purchased by the pound.

- ☐ Almonds, raw
- ☐ Beans, dried (all types but black, pinto and garbanzo beans are all good to have on hand/BPA-free cans are best)
- ☐ Cashews, raw
- ☐ Chia seeds
- ☐ Dates, dried
- ☐ Flax seeds, ground (or whole and blend yourself)
- ☐ Flour, almond
- ☐ Flour, brown rice
- ☐ Flour, whole wheat
- ☐ Hemp seeds, raw shelled (aka hemp hearts)
- ☐ Lentils, brown or green dried
- ☐ Millet
- ☐ Nutritional yeast
- ☐ Oats, rolled (not instant)
- ☐ Oats, steel-cut
- ☐ Pumpkin seeds, raw shelled
- ☐ Quinoa
- ☐ Rice, brown

- ☐ Sesame seeds, brown
- ☐ Split peas, green dried
- ☐ Sunflower seeds
- ☐ Walnuts, raw

Note: Store all nuts and seeds in your fridge or freezer so the oils don't go rancid.

DRIED SPICES + HERBS

Look for bulk spices at your local health food store.

- ☐ Basil, dried
- ☐ Bay leaf, dried
- ☐ Black pepper
- ☐ Cardamom powder
- ☐ Cayenne powder
- ☐ Chili powder
- ☐ Chipotle chili powder
- ☐ Cinnamon powder
- ☐ Coriander powder
- ☐ Cumin powder
- ☐ Curry powder
- ☐ Dill, dried
- ☐ Dulse flakes or powder (dried Atlantic red seaweed powder / flakes)
- ☐ Garam Masala
- ☐ Garlic powder
- ☐ Ginger powder
- ☐ Marjoram, dried
- ☐ Mustard powder
- ☐ Nutmeg, ground
- ☐ Onion powder
- ☐ Oregano, dried
- ☐ Paprika, smoked

- ☐ Paprika, sweet
- ☐ Parsley, dried
- ☐ Red chili flakes, dried
- ☐ Sage, dried (rubbed)
- ☐ Tarragon, dried
- ☐ Thyme, dried
- ☐ Turmeric powder

PACKAGED

- ☐ Artichoke hearts (jarred / packed in water)
- ☐ Applesauce (no sugar added)
- ☐ Arrowroot powder (aka arrowroot flour or arrowroot starch)
- ☐ Baking powder (aluminum-free)
- ☐ Baking soda (aluminum-free)
- ☐ Beans, canned (black, white, pinto, garbanzo and kidney are good to have on hand / BPA-free cans are best)
- ☐ Berries, frozen
- ☐ Bread, 100% whole wheat or sprouted grain (Ezekiel is my favorite brand)
- ☐ Broccoli, frozen
- ☐ Cauliflower, frozen
- ☐ Coconut aminos
- ☐ Corn kernels, frozen
- ☐ Edamame beans, shelled and frozen (organic)
- ☐ Green beans, frozen
- ☐ Hot sauce (no sugar or oil)
- ☐ Maple syrup (100% pure)
- ☐ Miso, white or yellow (look for this in the refrigerated section. Organic, aged for at least 2 years is best. Miso Masters is a good choice.)
- ☐ Mustard, dijon
- ☐ Mustard, yellow
- ☐ Non-dairy milk, unsweetened (soy milk is my favorite)

- ☐ Nut or seed butter (no added salt or sugar)
- ☐ Peas, frozen
- ☐ Sauerkraut, no vinegar (vinegar kills the beneficial bacteria that your gut loves)
- ☐ Soy sauce or tamari (low sodium)
- ☐ Spinach, frozen
- ☐ Tahini (sesame seed butter / roasted is less bitter)
- ☐ Tapioca flour (aka tapioca starch)
- ☐ Tomato paste
- ☐ Tomatoes, diced (canned/BPA-free)
- ☐ Tortillas, 100% whole wheat or sprouted grain (Ezekiel is my favorite brand)
- ☐ Tortillas, 100% corn or sprouted corn (Ezekiel is my favorite brand)
- ☐ Vegetable broth or stock (low or no sodium)
- ☐ Vinegar, apple cider (unfiltered)
- ☐ Vinegar, balsamic
- ☐ Vinegar, brown rice (not “seasoned”)
- ☐ Vinegar, red wine
- ☐ Vinegar, ume plum (the only ingredients should be ume plum, shiso and salt)
- ☐ Worcestershire sauce (make sure it’s vegan)

If you’re ready for someone who knows what they’re doing to tell you exactly what to cook each week for delicious, satisfying and nutritionally balanced plant based meal plans, [sign up for our meal plans here.](#)

We got you!

Xo

Molly