

Plant-Based Grocery List

Pantry Basics

If you follow our [meal plans](#), we give you a shopping list each week with exact ingredients, and by following our plans, your kitchen will be stocked with all the essentials over time. Take a look at what a typical plant-based pantry and freezer look like once fully stocked.

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
- Bread, 100% whole wheat or sprouted grain
- Coconut aminos
- Edamame beans, shelled and frozen (organic)
- Hot sauce (no sugar or oil)
- Maple syrup (100% pure)
- Miso, white or yellow
- Mustard, dijon
- Mustard, yellow
- Non-dairy milk, unsweetened
- Nut or seed butter (no added oil, salt, or sugar)
- Peas, frozen
- Sauerkraut, no vinegar
- Soy sauce or tamari (low sodium)



Note: Look for cans with BPA-free lining

- Tahini (sesame seed butter / roasted is less bitter)
- Tapioca flour (aka tapioca starch)
- Tomato paste, sauce and puree
- Tomatoes, diced (canned)
- Tortillas, 100% whole wheat, sprouted grain, or corn
- 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)
- Vinegar, white wine
- Worcestershire sauce (vegan)

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Bulk

- Almonds, raw
- Beans, dried
- 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
- Sunflower seeds, raw
- Walnuts, raw

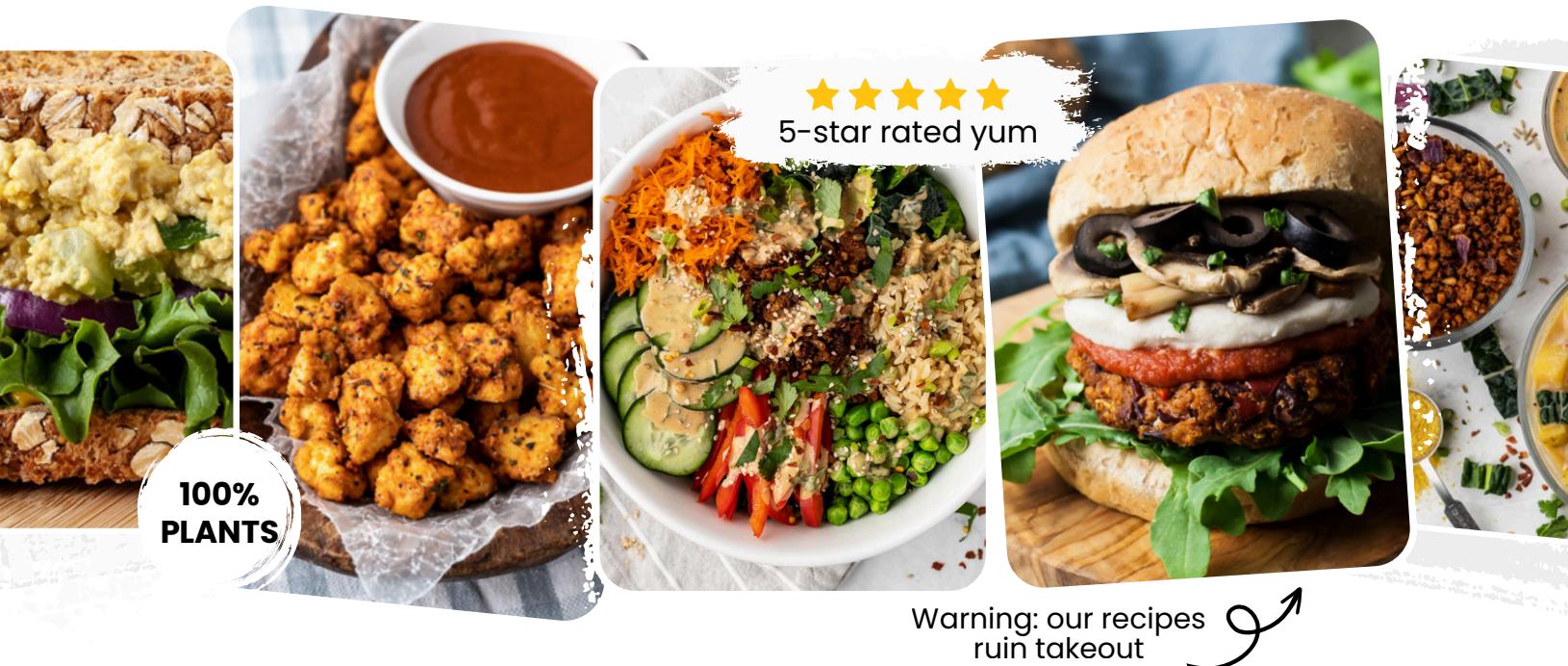
Note: Store all nuts and seeds in your fridge or freezer so the oils don't go rancid.

Spices & herbs

- 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
- Mustard powder
- Nutmeg, ground
- Onion powder
- Oregano, dried
- Paprika, smoked
- Paprika, sweet
- Parsley, dried
- Red chili flakes, dried
- Sage, dried (rubbed)
- Thyme, dried
- Turmeric powder



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CLEAN FOOD *Dirty Girl*