

# *My Vegan Pantry Essentials*

## BREAKFAST

### WEEKLY PURCHASES

unsweetened plant based milk  
fresh berries  
other fruits (apples, pears, bananas...)

### MONTHLY PURCHASES

oats  
chia seeds  
hemp hearts  
ground cinnamon  
dates  
frozen berries  
nut butter

## LUNCH/DINNER

### WEEKLY PURCHASES

tofu  
garlic  
onion  
potatoes (all kinds)  
mushrooms  
cauliflower/broccoli  
greens (spinach/kale)  
zucchini  
bell peppers  
asparagus  
eggplant  
avocado  
radishes

### MONTHLY PURCHASES

dried beans (black & mung)  
dried lentils (red, green & brown)  
tomato sauce  
frozen green peas  
quinoa  
brown/wild rice  
whole wheat pasta

## DESSERT

### WEEKLY PURCHASES

bananas  
berries  
apples

### MONTHLY PURCHASES

gluten free AP flour  
almond flour  
spelt flour  
nuts & seeds  
leavening agents  
oat flour  
cacao powder  
dates

## SNACKS

### PURCHASES

dates  
various fruits  
popcorn  
nut butters  
crackers  
bread  
rice cakes

### HOMEMADE

granola  
energy balls  
cookies  
muffins  
banana bread

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## BONUS #1: FLAVOR BOOSTERS & OILS

### FAVORITE SAVOURY SEASONINGS

cumin  
curry powder  
smoked paprika  
coriander  
garlic powder  
onion powder  
chili powder  
ground turmeric  
cayenne  
nutritional yeast  
black pepper  
salt  
tamari  
miso  
rice vinegar

### FAVORITE SWEET SEASONINGS

dates  
maple syrup  
cinnamon  
nutmeg  
cloves  
cardamom  
vanilla extract

### FAVORITE OILS

olive oil (for dressings)  
avocado (for high heat cooking)  
coconut oil (for desserts)  
sesame oil (for Asian dishes)

## BONUS #2: SUPERFOODS

chia seeds  
hemp hearts  
spirulina  
amla powder  
maca powder  
chaga powder

## BONUS #3: COOKBOOKS

The First Mess  
Vegan Richa's Indian Kitchen  
Minimalist Baker's Everyday Cooking  
Hot for Food Vegan Comfort Classics

