Plant-Based Pantry Basics

Stock up once, cook all week

- [ ] Rice, pasta and oats
- [ ] Canned or dried beans, chickpeas and lentils
- [ ] Tofu or tempeh
- [ ] Nuts and seeds
- [ ] Canned tomatoes
- [ ] Onions and garlic
- [ ] Olive oil or another cooking oil
- [ ] Soy sauce or tamari
- [ ] Vegetable stock cubes or powder
- [ ] Spices: cumin, paprika, black pepper
- [ ] Plant milk
- [ ] Flour and baking soda

Tip: Read labels. Some foods, such as certain stock cubes, hide animal ingredients.

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