

Vegan Pantry, Refrigerator & Freezer Staples

Herbs, Spices & Seasonings

- Fine sea salt
- Coarse sea salt
- Flaky sea salt
- Ground black pepper
- Peppercorns
- Nutritional yeast
- Smoked paprika
- Cumin
- Bay leaves
- Thyme
- Oregano
- Rosemary
- Basil
- Mixed herbs, Herbs de Provence or Italian Seasoning
- Crushed red pepper flakes
- Cinnamon
- Curry powder
- Chili powder
- Garlic powder
- Onion powder
- Turmeric

Dried Legumes

- Black beans
- Navy or cannellini beans
- Chickpeas
- Kidney beans
- Black eyed beans
- Split red lentils
- Green/brown lentils

Oils

- Light olive oil
- Extra virgin olive oil
- Virgin Coconut oil
- Refined coconut oil
- Light sesame oil
- Toasted sesame oil
- Refined avocado oil

Vinegars

- Apple cider vinegar
- Balsamic vinegar
- White wine vinegar
- Red wine vinegar
- Rice wine vinegar
- Malt vinegar

Nuts, Nut Butters & Seeds

- Peanut butter
- Almond butter
- Tahini
- Cashew butter
- Ground flaxseed
- Cashews
- Almonds
- Almond flour
- Walnuts
- Pecans
- Pumpkin seeds
- Chia seeds
- Sesame seeds
- Sunflower seeds

Produce

- Lemons
- Oranges
- Apples
- Bananas
- Berries
- Garlic
- Onions
- Carrots
- Celery
- Mushrooms
- Zucchini
- Eggplant
- Kale
- Broccoli
- Cauliflower
- Tomatoes
- Avocados
- Bell peppers
- Sweet potatoes
- Potatoes
- Lettuce, spring mix or arugula

Sweeteners

- Cane sugar
- Powdered/confectioner's sugar
- Light brown sugar
- Dark brown sugar
- Coconut sugar
- Turbinado sugar
- Pure maple syrup
- Vegan honey
- Molasses

Condiments & Sauces

- Prepared yellow mustard
- Dijon mustard
- Tomato ketchup
- Vegan mayonnaise
- Unsweetened applesauce
- Salad dressing/vinaigrette
- Sriracha
- Hot Sauce
- Chutney
- Soy sauce or Tamari
- Marinara/pasta sauce
- Sweet Thai Chili Sauce

Flour & Baking

- All purpose flour (plain in the UK)
- Spelt flour
- Whole Wheat flour
- Almond flour
- Vital wheat gluten
- Chickpea flour
- Rye flour
- Baking powder (aluminum free)
- Baking soda
- Yeast
- Semi-sweet chocolate chips
- Cocoa powder
- Unsweetened shredded coconut
- Dried fruit
- Vanilla extract

Cans, Jars & Cartons

- Vegetable stock
- Better Than Bouillon (No Chicken, No Beef, Vegetable, Garlic).
- Jam
- Coconut milk - Full fat and light
- Crushed tomatoes
- Whole tomatoes
- Fire roasted tomatoes
- Tomato paste/puree .
- Pumpkin puree
- Black black beans
- Cannellini beans
- Kidney beans
- Chickpeas
- Baked beans
- Black olives
- Pickles/gherkins
- Capers
- Pickled jalapenos
- Artichokes in oil or brine

Dried goods

- Pasta (Spaghetti, penne, rigatoni, macaroni, couscous)
- Noodles (Rice, soba and ramen)
- Quinoa
- Rice (Long grain, basmati and risotto)
- Cornmeal
- Oats (Rolled/old fashioned and steel cut)
- Panko breadcrumbs
- Crackers
- Cornstarch
- Arrowroot powder

Beverages

- Plant milk
- Orange juice
- Tea
- Coffee

Fridge

- Vegan butter
- Tofu
- Tempeh
- Hummus
- White miso
- Field Roast sausages
- Vegan yogurt
- Vegan cheese

Freezer

- Bread
- Bagels
- Tortillas
- Frozen fruit
- Green peas
- Corn
- Edamame beans
- Fresh ginger (store in the freezer)
- Fresh Chillies (store in the freezer)
- Overripe Bananas
- Beyond Sausages, Ground Beef, Burgers
- Gardein Chick'n Tenders
- Gardein Beefless Tips
- Butler Soy Curls

