

## Basic Staples for a Plant-Based Diet

Use this simple list to kick start your plant-based diet. For more helpful information visit [myplantbasedfamily.com](http://myplantbasedfamily.com)

### Pantry

agave nectar  
applesauce  
baking soda & baking powder  
brown rice  
canned beans  
whole grain cereal  
chocolate chips (non-dairy)  
cocoa  
coffee  
dried beans (pinto, black, chickpea's, lentils, etc.)  
dried fruit  
flour (whole wheat and gluten-free)  
grains  
shelf stable non-dairy milks  
nutritional yeast  
nuts/seeds  
old fashioned oats  
pasta  
pasta sauce  
quinoa  
raw sugar  
red wine vinegar  
tomato sauce  
tortillas  
turbinado sugar  
vanilla

### Spices

black/white pepper  
chili powder  
cinnamon  
garlic powder  
onion powder  
sea salt  
turmeric  
cumin

### Freezer

bananas  
blueberries  
breads  
cherries  
corn  
herbs  
mixed veggies  
stir fry veggies  
strawberries  
whole wheat pastry flour

### Fresh Produce

apples  
bananas  
broccoli  
carrots  
garlic  
onions  
oranges  
peppers  
potatoes  
sweet potatoes  
spinach and other greens  
tomatoes  
other seasonal produce

### Refrigerator

apple butter  
applesauce  
Braggs Liquid Aminos  
chia seeds  
coconut milk coffee creamer  
fat-free balsamic vinaigrette  
flax seeds  
jelly (with no added sugar)  
lemon/lime juice  
milk (we use rice milk)  
mustard  
natural nut butters  
nutritional yeast  
dates  
maple syrup  
salsa  
sunflower