



PLANT BASED ESSENTIALS

WHOLE GRAIN

Oats
Quinoa
Brown rice
Whole grain bread
Whole grain pasta

LEGUMES

Lentils
Chickpeas
Black beans
Tofu
Frozen edamame

FRUIT

Lemons
Limes
Apples
Bananas
Frozen blueberries
Frozen raspberries
Dates
Raisins
Dried Apricots

VEGETABLES

Kale
Lettuce
Broccoli
Sweet potato
Russet Potatoes
Red Onion
Yellow onion
Garlic
Ginger
Frozen peas
Frozen corn

NUTS AND SEEDS

Ground flax
Chia Seeds
Sunflower seeds
Pumpkin seeds
Cashews
Almonds
Walnuts

HERBS AND SPICES

Basil
Ground Chilli
Cinnamon
Coriander (ground or whole)
Cayenne
Cumin
Ginger
Oregano
Paprika
Red Pepper Flakes
Smoked Paprika
Pure Vanilla

MISC SUPPLIES

Pasta sauce
Diced tomatoes
Tomato paste
Veg stock
Tahini
Miso
Tamari
Peanut butter
Almond butter
Apple cider vinegar
Nutritional Yeast