

Running on Real Food Vegan Pantry Shopping List

Beans & Legumes

- Dried red lentils
- Dried green lentils
- Canned chickpeas
- Canned black beans
- Canned kidney beans
- Canned navy beans
- Black-eyed peas

Grains

- Quinoa
- Brown rice
- Jasmine rice
- Whole-wheat and/or brown rice pasta
- Quick oats

Extras: millet, couscous, barley, wild rice

Baking Items

- Whole-wheat flour
- All-purpose flour
- Raw cacao powder
- Cocoa powder
- Baking soda
- Baking powder
- Vanilla extract
- Yeast

Extras: Spelt flour, kamut flour, vegan chocolate chips

Nuts, Seeds & Fruits

- Almonds

- Cashews
- Ground flax (keep refrigerated)
- Chia seeds
- Hemp seeds
- Pepitas (pumpkin seeds)
- Rasins
- Unsweetened fine coconut
- Medjool or pitted dates
- Unsweetened applesauce
- Sunflower seeds

Extras: walnuts, pecans, hazelnuts, dried cherries, dried cranberries, goji berries

Nut Butters & Spreads

- Natural peanut butter
- Almond butter
- Tahini (keep refrigerated)
- Earth Balance Soy-Free Spread (keep refrigerated)

Canned Foods

- Tomato paste
- Crushed tomatoes
- Coconut milk

Sweeteners

- Raw coconut sugar
- Pure maple syrup
- Molasses

Oils & Vinegars

- Extra virgin olive oil
- Coconut oil
- Rice vinegar

- Red wine vinegar
- Apple cider vinegar
- Balsamic vinegar
- Low-sodium soy sauce
- Sesame oil

Extras: hoisin sauce, peanut oil, avocado oil

Spices & Herbs

- Fresh garlic
- Fresh ginger
- Cinnamon
- Ground coriander
- Ground ginger
- Cumin
- Chili powder
- Cayenne
- Red pepper flakes
- Turmeric
- Onion powder
- Rosemary
- Fine and course sea salt
- Black pepper
- Bay leaves
- Garam masala
- Smoked paprika
- Garlic powder
- Basil
- Dill
- Oregano

Other Staples

- Nutritional yeast
- Dark chocolate (70% cocoa or more)
- Red onions
- Yellow onions
- Sweet onions

- Russet potatoes
- Lemons
- Limes
- White miso paste
- Almond milk, unsweetened
- Dijon mustard (keep refrigerated)
- Organic soft tofu (keep refrigerated)
- Organic extra-firm tofu (keep refrigerated)