

Vegan Pantry & Fridge Checklist

Everything You Need to Stock Your Plant-Based Kitchen

FRIDGE

- Protein (Tempeh, Tofu, Soy Curls, Seitan)
- Almond/Cashew/Soy Milk
- Coconut/Soy Yogurt
- Mushrooms (Button, Portabella, Oyster, Shiitake)
- Frozen Fruit/Vegetables
- Fresh Vegetables (in season)
- Fresh Fruit (in season)
- Fresh Herbs
- Lemons/Limes
- Vegan Mayonnaise & Butter
- Miso Paste
- Coconut Water

SPICE CABINET

- Sugar (Brown, Cane, Coconut)
- Spices (Basil, Bay Leaves, Garlic Powder, Ginger Powder, Cumin, Paprika, Turmeric, Thyme, Onion Powder, Oregano, Garam Masala, Cayenne, Chili Powder)
- Nutritional Yeast
- Sriracha, Chili Paste/Oil
- Soy Sauce

PANTRY

- Beans (Lentils, Chickpeas, Pinto, Black, Kidney, Cannellini)
- Grains (Brown/White Rice, Quinoa, Spelt, Farro, Millet)
- Nuts (Almonds, Cashews, Pistachios, Pine Nuts, Walnuts, Pecans)
- Dried Fruit (Cranberries, Raisins, Dates, Apricots)
- Vegetable Stock
- Pasta (Whole Wheat, Brown Rice, Rice Noodles, Mung Bean Threads, Sweet Potato Noodles)
- Flour (Oat, Almond, Whole Wheat)
- Tomatoes (Sundried, Canned, Paste)
- Bread (Tortillas, Pita, Whole Wheat)
- Nut/Seed Butters (Peanut, Almond, Sunflower Seed)
- Tahini (Sesame Paste)
- Dried Seaweed
- Oil (Coconut, Olive, Sunflower, Sesame)
- Maple Syrup/Agave
- Ground Flaxseed
- Vinegar (Red Wine, Balsamic, Apple Cider, Rice)
- Canned Coconut Milk
- Curry Paste

FREEZER

- Frozen Fruit/Vegetables
- Convenience Meals
- Burritos
- Pizza Dough

APPLIANCES

- Instant Pot
- Air Fryer
- High Quality Blender
- Food Processor
- Juicer