

PANTRY STAPLES

Oils & Vinegars

Coconut Oil
Olive Oil
Vegetable Oil
Toasted Sesame Oil
Cooking Spray
White Vinegar
Apple Cider Vinegar
Rice Vinegar
Balsamic Vinegar

Sauces & Butters

Low Sodium Soy Sauce
Buffalo Hot Sauce
Sriracha
BBQ Sauce
Yellow Mustard
Dijon Mustard
Ketchup
Jelly
Salsa
Tahini
Nut Butters
Coconut Butter

Cooking

Onions
Garlic
Lemons
Limes
Fresh Ginger

Baking

Whole Wheat Flour
All-Purpose White Flour
Corn Flour / Meal
Brown Rice Flour
All-Purpose Flour (GF)
Chickpea Flour
Active Dry Yeast (store in
fridge or freezer)
Corn Starch
Cocoa / Cacao Powder
Cane Sugar
Coconut Sugar
Brown Sugar
Powdered Sugar
Pure Maple Syrup
Honey (if plant-based)
Shredded Coconut
Psyllium Husk
Dairy-Free Chocolate
Chips and Bars
Dried Fruit
Vanilla Extract
Other Flavored Extracts
Baking Soda
Baking Powder

Grains & Legumes

Oats (Rolled, Quick, Steel
Cut)
Brown Rice
White Rice
Quinoa
Couscous
Brown Lentils
Red Split Lentils
Whole Wheat Pasta
Brown Rice Pasta
Bean-Based Pasta
Popcorn

Nuts & Seeds

Almonds
Walnuts
Cashews
Pecans
Sesame Seeds
Pumpkin Seeds
Sunflower Seeds
Hemp Seeds
Chia Seeds

Spices & Seasonings

Kosher Salt
Fine Sea Salt
Black Pepper
Vegetable Broth Powder
Cinnamon
Nutmeg
Pumpkin Pie Spice
Cayenne Pepper
Crushed Red Pepper
Cumin
Chili Powder
Turmeric
Curry Powder
Paprika
Smoked Paprika
Garam Masala
Garlic Powder
Onion Powder
Ground Flaxseeds

