STOCKING YOUR PANTRY FOR A 7-DAY PLANT-BASED DIET MENU AND BEYOND

**Breads:** (100% Whole grain)
Ezekiel 4:9- bread, pita bread, buns (found in cooler section of your health food store)

**Beans, canned & dried:** (Look for low sodium)
- Canned:
  - Black beans
  - Cannellini
  - Chick peas (garbanzo beans)
  - Great Northern
  - Kidney beans
  - Pinto beans
  - Re-fried beans
  - White beans, small

- Dried:
  - Split peas
  - Soy beans
  - Green Lentils
  - Red Lentils
  - French Lentils

**Dairy-free items:**
- Soy milk- Unsweetened Silk
- Almond Milk, Unsweetened
- Cheese alternatives:
  - Vegan Parmesan Alternative by Galaxy Nutritional Foods
  - Better Than Cream Cheese by Tofutti
  - Nayonaise- by Nasoya (low fat tofu mayonnaise, you will find this product on the store shelf.)
  - Better than Sour Cream- by Tofutti (make sure that you purchase the one that is trans fat free)

**Fruits & Juices:** Fresh and Frozen
- Fresh fruits:
  - Apples
  - Pears
  - Blueberries
  - Raspberry
  - Dark Cherries
  - Peaches
  - Lemons
  - Strawberries
Dried fruits
Dried cranberries

Frozen fruits without added sugars: & Juices
Strawberries
Cherries
Blackberries
Blueberries

Fresh bottled lemon juice
Frozen white grape raspberry concentrate

**Grains, whole, including Whole Grain Cereals:**
Brown rice
Buckwheat Groats
Pearled Barley
Wild Rice
Oat Bran cereal
Oatmeal, old fashioned
Steal Cut Oats
7-Grain Cereal, Arrowhead Mills

**Margarines:**
Smart Balance Light- no trans fat, totally plant based.

**Miscellaneous**
Arrowhead Graham pie crust
Baked Corn chips
Garden of Eatin Tortilla Chips or a whole grain corn chip
Mt. Olive Sweet Pickle Relish
Unsweetened Coconut

**Nut Butter:**
Almond, peanut, or soy (all natural, no trans fat)
Tahini

**Nuts, raw:**
Almonds - slivered and whole
Pecans
Walnuts

**Oils:**
Canola oil- liquid and spray
Olive oil—Cold pressed x-virgin is best for health and flavor

**Pastas:**
Whole wheat macaroni

**Salad Dressings:** When choosing a salad dressing make sure that you read the ingredients. Be aware of the fat and sodium contents as well as to whether it contains trans fat or animal products. Not all of one brand is acceptable, some are higher in sodium, and it just depends on the flavor.
- Annie’s Naturals
- Newman’s Own, Lighten Up recipes
- Olde Cape Cod
- Seeds of Change dressings
- South Beach Diet Italian dressing
- Up Country Organics
- Nasoya, Vegi Dressing, Thousand Island
- Wishbone Salad Spritzers, Italian Vinaigrette
- 365 Organic, Whole Foods Brand

**Sauces:** Look for low sodium
- Tomato Sauce, no salt & regular
- Paste-no salt & regular
- Soy Sauce, Lite – lower sodium variety
- Mustard
- Low Carb Ketchup

**Seasonings, Herbs and Spices:**
- Bay leaves
- Basil
- Bill’s Best- Beef-style and chicken style seasonings
- Bragg’s Liquid Aminos- liquid bouillon
- Cayenne pepper, opt.
- Celery salt
- Chili powder
- Chives
- Cinnamon
- Cinnamon sticks
- Citric acid
- Coriander
- Cumin
- Curry powder
- Cilantro, fresh
- Good Seasons Italian dressing mix
- Garlic, fresh
Garlic powder
Granulated Garlic
Granulated Onion
Italian seasoning
Liquid smoke
Marjoram
Maple flavoring
McKay’s- Beef and chicken style seasonings
McCormick’s- Seasoning blends; Garlic and Herb
Nutritional Yeast flakes- Red Star-(yeast flakes)
Onion powder
Parsley, dried and fresh
Oregano
Paprika
Salt
Seasoned salt
Thyme
Turmeric powder
Vanilla

**Seeds:**
Flax seeds

**Sugars:**
Fructose
Honey
White grape raspberry juice, frozen concentrate

**Thickeners:**
Cornstarch
Thicken Up – instant food thickener (purchased from a pharmacy)

**Tofu:**
Water pack
Silken, Mori-nu

**Vege Meats:**
Vegan Burger Crumbles, Morning Star
Store bought Vegetarian burger, Boca, Morning Star, etc.

**Vegetables, canned** – check the sugar and sodium amounts
Whole black olives
Sliced black olives
Fire-roasted Peppers
Green beans
Green Chilies, mild – Old El Paso
Pimentos – for making home made cheeses without the dairy
Tomatoes, diced – no salt & regular
Tomato paste- no salt added or regular
Tomatoes, whole, crushed – no salt & regular

**Vegetables: Fresh**
Asparagus
Avocado
Baby carrots
Bell pepper, green, red, yellow
Broccoli
Carrots
Cauliflower
Celery
Cilantro
Cucumber
Eggplant
Garlic
Green Beans
Jalapeno
Kale
Lettuce, Romaine, Green leaf, iceburg, spring mix
Mushrooms, Portobello, button
Onions, yellow, purple, green
Parsley
Potatoes, red
Spinach
Sweet potato
Tomatoes, large, Roma, grape
Yam
Yellow Summer squash
Zucchini

**Vegetables, frozen**
Green beans

**Whole Grain Flours:**
Whole wheat pastry
Whole wheat
Garbanzo flour