

## 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

Nayonnaise- 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



Stop Diabetes...Before It Stops You

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# The 30-Day Diabetes Miracle

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  
Pimientos – 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, iceberg, 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

