

# VEGAN PANTRY ESSENTIALS

## baking

- All-purpose flour
- White sugar & brown sugar
- Maple syrup
- Vanilla extract
- Baking powder
- Baking soda
- Cocoa powder
- Dairy-free chocolate chips

## legumes & plant proteins

- Chickpeas (canned or dried)
- Black beans
- White beans
- Lentils (red & green)
- Split peas
- Chickpea flour
- Textured vegetable protein (TVP) or soy curls
- Tofu (extra-firm & silken)
- Tempeh
- Seitan (vital wheat gluten)
- Meat alternatives

## grains & carbohydrates

- White or brown rice
- Jasmine or basmati rice
- Quinoa or farro
- Pasta (regular or legume-based)
- Rolled oats
- Quick oats
- Breadcrumbs or panko (vegan)
- Tortillas or flatbreads

## nuts, seeds & healthy fats

- Raw cashews
- Almonds or walnuts
- Peanut butter or nut butter of choice
- Tahini
- Chia seeds
- Ground flaxseed
- Hemp seeds
- Pumpkin or sunflower seeds

## oils, vinegars & umami boosters

- Extra virgin olive oil
- Neutral oil (avocado or grapeseed)
- Apple cider vinegar
- Balsamic vinegar
- Rice vinegar
- Soy sauce or tamari
- Miso paste
- Nutritional yeast

## herbs, spices & seasonings

- Sea salt or kosher salt
- Black pepper
- Garlic powder
- Onion powder
- Smoked paprika
- Cumin
- Chili flakes
- Italian seasoning
- Cinnamon
- Turmeric