

Your Vegan Pantry Checklist



Stock up on a variety of whole plant-based foods, and convenience foods that are made from vegan-friendly ingredients. These lists are by no means comprehensive, and you don't need to get everything listed—but make sure you have some options from each category, depending on what's available near you. There are also some ideas for how you could incorporate these foods into your daily eating, or what convenience foods you might find.

Check out plantifulcoach.com/recipes for more.

Legumes

Think beans, lentils, chickpeas... These are your protein powerhouses. Try to get three portions in every day.

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| <input type="checkbox"/> kidney beans | <input type="checkbox"/> red lentils |
| <input type="checkbox"/> black lentils | <input type="checkbox"/> white beans |
| <input type="checkbox"/> chickpeas | <input type="checkbox"/> black beans |
| <input type="checkbox"/> mung beans | <input type="checkbox"/> soy beans |

Think: hummus, tofu, tempeh, sprouted lentils, refried beans, lentil dahl.

Vegetables

There's no nutritional substitute for eating a variety of whole vegetables. Raw or cooked, make sure you get them in.

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| <input type="checkbox"/> broccoli | <input type="checkbox"/> mushrooms |
| <input type="checkbox"/> sweet potato | <input type="checkbox"/> kale |
| <input type="checkbox"/> zucchini | <input type="checkbox"/> aubergine |
| <input type="checkbox"/> onions | <input type="checkbox"/> tomatoes |

Think: mushroom risotto, tomato soup, loaded sweet potatoes, grilled aubergine.

Whole Grains

Whole grains are a great source of fuel for our brains and muscles, and they're full of fibre and important minerals.

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| <input type="checkbox"/> brown rice | <input type="checkbox"/> bulgur wheat |
| <input type="checkbox"/> oats | <input type="checkbox"/> whole-wheat pasta |
| <input type="checkbox"/> quinoa | <input type="checkbox"/> barley |
| <input type="checkbox"/> wholegrain bread | <input type="checkbox"/> rye |

Think: breakfast cereals, tortillas, muffins, popcorn, overnight oats.

Fruits

Fruits are an important source of vitamins and antioxidants—try to consume them whole, so that you get the fibre benefits.

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| <input type="checkbox"/> citrus | <input type="checkbox"/> blueberries |
| <input type="checkbox"/> bananas | <input type="checkbox"/> grapes |
| <input type="checkbox"/> avocados | <input type="checkbox"/> dates |
| <input type="checkbox"/> strawberries | <input type="checkbox"/> mangoes |

Think: smoothies, dried fruit, avo-choc mousse, blueberry cobbler, strawberry 'nice' cream.

Nuts & Seeds

In smaller quantities, nuts are a healthy source of fatty acids that are important for brain function.

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| <input type="checkbox"/> flax seeds | <input type="checkbox"/> cashews |
| <input type="checkbox"/> almonds | <input type="checkbox"/> chia seeds |
| <input type="checkbox"/> walnuts | <input type="checkbox"/> hazelnuts |
| <input type="checkbox"/> sunflower seeds | <input type="checkbox"/> pumpkin seeds |

Think: mixed seed crackers, cashew cream cheese, sunflower mac, peanut butter on toast.

Herbs & Spices

Not just great for flavour, herbs and spices are packed with antioxidants and anti-inflammatory properties. Learn to cook with them daily.

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| <input type="checkbox"/> turmeric | <input type="checkbox"/> coriander |
| <input type="checkbox"/> cumin | <input type="checkbox"/> thyme |
| <input type="checkbox"/> oregano | <input type="checkbox"/> ginger |
| <input type="checkbox"/> basil | <input type="checkbox"/> cinnamon |

Think: golden latte, marinara sauce with herbs, basil pesto, spicy curry.