

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.

- kidney beans
- black lentils
- chickpeas
- mung beans
- red lentils
- white beans
- black beans
- 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.

- broccoli
- sweet potato
- zucchini
- onions
- mushrooms
- kale
- aubergine
- 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.

- brown rice
- oats
- quinoa
- wholegrain bread
- bulgur wheat
- whole-wheat pasta
- barley
- 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.

- citrus
- bananas
- avocados
- strawberries
- blueberries
- grapes
- dates
- 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.

- flax seeds
- almonds
- walnuts
- sunflower seeds
- cashews
- chia seeds
- hazelnuts
- 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.

- turmeric
- cumin
- oregano
- basil
- coriander
- thyme
- ginger
- cinnamon

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