

Plant-based4Health.com

Food Pantry Essentials

As you begin to make the lifestyle change to eating a plant-based vegan diet, you will need to re-evaluate your food choices and how you prepare food. To begin, you'll want to take some time to "veganize" your pantry. Below is a list of suggested items that we always keep on hand. You may want to begin by focusing on the items you prefer to use or would like to try to incorporate into your cooking. The items asterisked (*) are those that are alkalizing in the body.

Be sure to take a Vitamin B12 supplement, or a multi-vitamin with B12. Best to check with your doctor first.

Food Item	TIPS
Beverages <ul style="list-style-type: none"> • Decaf green tea* • Herbal tea • Rooibos teas • Plant milks (almond* and soy*) 	Rooibos is a naturally caffeine free tea that is rich in antioxidants.
Grains <ul style="list-style-type: none"> • Buckwheat* • Millet* • Oats* (old-fashioned and steel cut) • Quinoa* • Rice (arborio, basmati, black, brown, jasmine) • Wild rice* 	Store grains in airtight containers in your pantry. It's fun to mix different kinds of rice when cooking to add variety and texture.
Flours <ul style="list-style-type: none"> • Chickpea with fava bean* • Kumat • Spelt* • Whole wheat 	If you don't use flour often, it is best to store in airtight containers in the refrigerator.
Herbs <ul style="list-style-type: none"> • Basil* • Cilantro* • Dill* • Mint* • Oregano* • Parsley* • Rosemary* • Thyme* 	If possible, grown your own fresh, organic herbs.
Pastas <ul style="list-style-type: none"> • Quinoa-brown rice pasta • Whole wheat pasta 	Be careful when shopping as some pastas are made with egg. In an effort to avoid as much gluten as possible, use mainly quinoa-brown rice pasta.
Legumes <ul style="list-style-type: none"> • Beans (black, pinto, kidney, red) • Black-eyed peas • Chickpeas/garbanzo beans* • Lentils* (green, French (mini), red) • Split peas* 	Beans are very acidic. Soaking beans overnight in a strong concentration of lemon or lime water helps to lower their acidity and make them easier to digest. Also, to de-gas the beans, begin cooking by bringing to a fast boil for 10 minutes then turn off heat and let sit for 5-10 minutes. Rinse beans well before refilling the pot with water and continue cooking as usual. You can also add a bit of dried seaweed to the beans while cooking to improve digestibility.

Plant-based4Health.com

Food Pantry Essentials

Food Item	TIPS
<p>Nuts</p> <ul style="list-style-type: none"> • Almonds* (raw and roasted) • Raw cashews • Raw pecans • Walnuts 	<p>Nuts are cheaper to purchase in bulk. Storing them in the freezer will extend their life.</p>
<p>Oils/Vinegars</p> <ul style="list-style-type: none"> • Apple cider vinegar* • Balsamic vinegar • Coconut oil* (cold pressed) • Flaxseed oil* • Grapeseed oil • Hemp oil* • Olive oil* • Rice vinegar (unseasoned) 	<p>When purchasing vinegars, watch out for vinegars that have caramel coloring added. Store flaxseed and hemp oil in the refrigerator. For high heat frying, use coconut oil since it has a high flash point.</p>
<p>Seeds</p> <ul style="list-style-type: none"> • Chia* • Flax* • Hemp* • Pumpkin* (raw) • Sesame* • Sunflower* (raw and roasted) 	<p>Seeds are also cheaper to purchase in bulk. Storing them in the freezer will extend their life, especially flax.</p>
<p>Sweeteners</p> <ul style="list-style-type: none"> • Pure maple syrup • Raw agave syrup • Raw coconut sugar* • Stevia leaf* (ground) 	<p>Avoid using white processed sugar (i.e. cane sugar and brown sugar).</p>
<p>Seasonings</p> <ul style="list-style-type: none"> • Garlic* (fresh and granular) • Nutritional yeast • Raw cocoa powder • Salt (sea salt and some with iodine) • Tamari, soy sauce, and/or Braggs amino acids • Various spices 	<p>Fill your spice cabinet with the flavors you enjoy tasting. The spices we use more often are: basil, oregano, cumin, chili powder, garlic, curry, turmeric, cayenne pepper.</p>
<p>Prepackaged Foods</p> <ul style="list-style-type: none"> • Almond butter* • Baking powder (aluminum-free) • Baking soda (aluminum-free) • Canned beans (preferably make your own) • Dates* • Miso paste • Raisins • Shredded coconut* • Seaweed* (dulse, nori, kelp, etc.) • Tahini* • Tomatoes (stewed, diced & paste) • Vegetable broth 	<p>Avoid prepackaged foods with added sugar and preservatives.</p>