

# Pantry Staples Shopping List



## NUTS & SEEDS

- Cashews
- Almonds
- Walnuts
- Hazelnuts
- Brazil Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Sesame Seeds
- Chia / Hemp Seeds
- Flax Seeds

## GRAINS & FLOURS

- Brown Rice
- Oats
- Quinoa / Millet / Sorghum
- Wholemeal Spelt Flour
- Chickpea Flour
- Brown Rice Flour
- Buckwheat Flour
- Tapioca Flour
- Pulse / Wholemeal Pasta

## HERBS & SPICES

- Dried Herbs
- Sea Salt
- Black Pepper
- Smoked Paprika
- Cumin / Coriander
- Chilli
- Turmeric
- Cinnamon
- Ginger

## LEGUMES

- Chickpeas
- Lentils
- Cannelini Beans
- Black Beans
- Kidney Beans

## FRIDGE BITS

- Vegan Cheese
- Coconut Yogurt
- Tempeh / Tofu

## TINS, JARS & BOTTLES

- Plant-Based Milk (soy/oat/rice)
- Coconut Cream
- Coconut Oil
- Olive Oil
- Sesame Oil
- Tahini
- Miso
- Tamari
- Apple Cider Vinegar
- Balsamic / Red Wine Vinegar
- Wholegrain / Dijon Mustard
- Liquid Smoke

## BAKING

- Cacao Powder / Nibs
- Carob Powder
- Dates
- Apricots / Figs / Raisins
- Brown Rice / Coconut Nectar
- Coconut Sugar
- Nut Butters
- Dried Coconut

## FRUIT & VEGGIES

I try to use local in-season fruit and vege as much as possible. They're not only higher in nutrients, they're lower in carbon miles, and cheaper too. This will also encourage you to break out of your lettuce-tomato-cucumber salad fold (it did for me). Outside of local seasonal produce, I always have garlic, onions, ginger, lemons, limes, bananas, and fresh herbs on hand.

## BULK FOODS

I recommend buying your non-perishable pantry goodies in bulk. It works out cheaper, means less shopping trips for you, and is much better for the environment (less packaging). Find a local bulk foods store where you can refill your own jars = ideal.