

THE PLANT BASED kitchen list



VEGETABLES

- Broccoli
- Bok Choy
- Cauliflower
- Red/orange/yellow pepper
- Carrots
- Yams and potatoes
- Butternut squash
- Celery
- Red & green cabbage
- Green onion
- Zucchini
- Tomato
- Eggplant



VEGETABLES

- Shallots*
- Red/white onion
- Sweet potato
- Leeks
- Parsnips*
- Turnips*
- Snow/snap peas*
- Cucumber
- Mushrooms
- Broccolini*
- Acorn squash*
- Spaghetti squash*
- Fennel*
- Asparagus*



FRUITS

- Banana
- Strawberry
- Kiwi
- Dates
- Avocado
- Mango
- Frozen fruit
- Strawberries
- Apples
- Oranges
- Pineapple*
- Cantaloupe*
- Honeydew*



FRUITS

- Raspberries*
- Blueberries*
- Watermelon*
- Papaya*
- Figs
- Dates
- Apricots
- Peach*
- Nectarine*
- Cherries*
- Guava*
- Passion fruit*
- Dragon fruit*
- Grapes*



GRAINS

- Brown rice
- Wild rice
- White rice*
- Farro
- Millet*
- Oats
- Quinoa
- Whole barley
- Wheat & rye berries
- Amaranth*
- Black rice*
- Buckwheat groats
- Teff*
- Barley



GREENS

- Collard
- Kale
- Spinach
- Chard
- Beet greens*
- Dandelion greens*
- Romaine
- Leaf lettuce
- Iceberg lettuce*
- Arugula
- Watercress*
- Radicchio*
- Rhubarb*



NUTS & SEEDS

- Hemp
- Chia
- Flax
- Pumpkin seeds
- Sesame seeds
- Walnuts
- Sunflower seeds
- Almonds
- Cashews
- Pistachios*
- Peanuts*
- Brazil nuts
- Hazelnuts*
- Pine nuts*



LEGUMES & BEANS

- Edamame beans
- Lentils (2-3 types)
- Black beans
- Chickpeas
- Black eyed peas*
- Kidney beans
- Split peas
- Regular peas
- Pinto beans*
- Tempeh*
- Tofu
- Navy beans*

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HERBS & SPICES

- Cilantro
- Parsley
- Basil
- Rosemary
- Chives
- Thyme
- Oregano
- Garlic
- Ginger
- Pepper
- Turmeric
- Cumin
- Paprika
- Chili powder



HERBS & SPICES

- Cinnamon (ceylon)
- Garlic powder
- Onion powder
- Chinese 5 spice*
- Graham Masala*
- Mustard seed
- Fenugreek
- Coriander
- Red pepper flakes
- Curry powder
- Bay leaves



NOODLES AND PASTA

- Brown rice pasta
- Quinoa pasta*
- Lentil pasta*
- Black bean pasta*
- Whole wheat pasta*
- Brown rice pad thai noodles (or regular)
- GF/V ramen noodles
- Vermicelli noodles
- Soba noodles



MISC

- Fresh salsa
- Veggie stock paste
- Nut butter
- Frozen corn*
- Veggie burgers (whole food based)*
- Whole grain bread (yeast, sugar, preservative free)
- Cacao powder
- Cacao nibs*
- Coconut flakes*
- Vanilla*
- Organic herbal tea



CANNED

- Coconut milk
- Tomato sauce (sugar free)
- Tomato paste
- Sundried tomatoes
- Olives (green, kalamata, black)
- Capers
- Artichokes*



CONDIMENTS

- Apple cider vinegar
- Rice vinegar
- Miso paste
- Maple syrup
- Dijon mustard
- Curry paste
- Tamari
- Sesame oil*
- Olive oil
- Tahini
- Ketchup (sugar free)*
- Pesto (dairy free)*
- Cashew cheese*



MISC

- Sauerkraut*
- Kimchi*
- Nutritional yeast
- Arrowroot or tapioca starch
- Lemons and limes
- Hot sauce*
- Egg-free mayo*
- Dark chocolate*
- Non-dairy milk
- Hummus
- Popcorn kernels*
- Cacao powder*
- Protein powder*



SUPPLEMENTS

- B Complex
- Omega-3 DHA/EPA
- Vitamin D3
- Pranin multivitamin*
- Seed
- Optional 3-in-1: Complement Plus

TOOLS

- Blender
- Food processor
- Thin mesh cloth
- Slow cooker (optional)

THE PLANT BASED kitchen list



FOODS TO REPLACE

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



FOODS TO REPLACE WITH

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



5 NEW RECIPES TO TRY

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



KITCHEN ESSENTIALS/MISC TO PURCHASE

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Common foods to replace:

- Foods with milk products
- Refined sugar
- Protein powders with sweeteners
- Refined flour
- Foods with hydrogenated oils
- Foods with chemicals and preservatives
- Foods with meat or seafood
- Stimulants* (person dependent)
- Non nutritive sweeteners

Foods to replace with:

- Dairy free alternatives - oat milk, etc.
- Maple syrup or dates
- Sweetener free protein powder
- Almond, oat, or whole wheat flour
- Whole food snacks and packaged foods with minimal ingredients (or homemade alternatives)
- Plant based alternatives - snacks, condiments, etc.
- Beans and legumes
- Herbal tea: Ginger, lemon, chamomile, fennel, red raspberry leaf (hormone balancing), nettle

Task: Check off what you have already, and figure out what you might need moving forward, adding those items to the list—we will be incorporating many of these foods moving forward. The non essential items have been starred (*). Please note that fruits and vegetables will be seasonal and location dependent.

INFLAMMATORY & anti-inflammatory foods



INFLAMMATORY FOODS

- Meat and dairy
- Seafood
- Eggs
- Processed sugar
- Trans fats and hydrogenated oils
- Processed foods with ingredients you can't pronounce
- Coffee (can be re-introduced later)
- Artificial sweeteners
- Saturated fat (& oils)



ANTI-INFLAMMATORY FOODS

- Greens and grains
- Fruits and fermented foods
- Beans and legumes
- Nuts and seeds
- Cruciferous vegetables
- Sulfur rich foods



FOODS TO LIMIT

- Coconut & other oils
- Processed vegan meats and cheeses
- Packaged foods
- Store bought kombucha
- Plant based foods with added sugars
- Plant based baked goods
- Refined grains (white rice, risotto rice, couscous, white pasta)



CONSUME IN ABUNDANCE

- Whole grains
- starchy vegetables
- Leafy greens
- All vegetables
- Beans and legumes
- Herbs and spices
- Herbal tea
- All fruit

The bottom line:

- We want to be working on increasing the volume and diversity of whole plant foods in the diet
- The only "plant" foods that should have a limit are refined foods, oils, foods with added sugars and high fat plant foods (because it can be easy to overdo nuts, seeds, nut butters and avocado)
- The point is to reduce inflammation, not volume
- In the coming weeks we will be focusing on pinpointing trigger foods and then implementing the slow and low method so we can re-introduce them at a manageable rate

Task: Research 5 new recipes you want to try in the coming months
Favourite resources: Minimalist Baker, Oh She Glows, Bad Manners, Plant You