

Dry & Canned Goods

Flour: AP & whole wheat
Sugar: white, brown, powdered
Old fashioned (rolled oats)
Rice: brown, basmati, jasmine
Baking soda
Baking powder
Cornstarch
Cornmeal
Canned beans: chickpeas, great northern, black, pinto, kidney
Canned petite diced tomatoes
Tomato paste
Tomato sauce
Coconut milk (lite & full fat)
Canned pure pumpkin
Lentils – red & yellow
Pasta – fettuccine, spaghetti, macaroni, shells

Oils, Sauces, Condiments, etc.

Vegetable oil, extra virgin olive oil, sesame oil, cooking spray
White vinegar, apple cider, red wine, balsamic, rice vinegar
Low sodium vegetable broth
Low sodium soy sauce or tamari
Worcestershire sauce
Sriracha
Chili garlic paste or sambal olek
Honey
REAL maple syrup
Yellow and dijon mustard
Ketchup

Freezer Staples

Frozen peas
Mixed peas and carrots
Assorted frozen fruit

Refrigerator Staples

Almond or soy milk
Orange juice
Mayonaise
Non-dairy butter substitute
Non-dairy yogurt
Tofu – silken & non-silken

Spices

Garlic powder
Sea salt
Black pepper
Basil
Rosemary
Cumin
Red pepper flakes
Smoked paprika
Cinnamon
Nutmeg
Yellow curry powder
Chili powder
Garam masala
Turmeric
Dill weed
Cocoa powder
Ginger
Vanilla extract
Almond extract

Produce

Fresh garlic
Fresh ginger root
Bananas
Strawberries
Pineapple
Russet potatoes
Sweet potatoes
Red bell pepper
Celery
Cucumber
Cilantro
Parsley
Green onion
Red onion
Yellow onion
Carrots
Mixed greens or baby spinach