

Whole Food, World Flavors Pantry

This handout includes shelf-stable or relatively long-lasting items in each category that allow you to put together a meal quickly, using flavors from around the world. Most items are also appropriate for those trying to eat healthy on a budget. Filling your pantry with these items ensures you will have a well-stocked kitchen ready to prepare a wide variety of delicious, whole food, plant-predominant meals made fresh with an item or two from the market. But, in a pinch, entire meals can be made from these ingredients without any additions.

Grains

Quick cook

- ☐ Quinoa
- ☐ Old-fashioned oatmeal
- ☐ Whole wheat couscous
- ☐ Bulgur wheat
- ☐ Sprouted 100% whole grain bread (keep frozen)
- ☐ Whole wheat pitas
- ☐ Corn tortillas (keep in fridge)
- ☐ Frozen whole wheat pizza dough
- ☐ Whole grain or bean-based pasta

When you have more time

- ☐ Steel-cut oats
- ☐ Polenta
- ☐ Brown rice and any other whole grains you enjoy

Other

- ☐ Seitan (made from wheat protein, this is a good source of plant-based protein, sold shelf-stable in cans and refrigerated in other packaging)

Seasonings/Flavoring Items/Condiments

- ☐ Low-sodium vegetable stock or broth
- ☐ Dijon mustard or yellow mustard
- ☐ Something spicy (cayenne pepper, dried chilies, chili flakes, chili-garlic sauce, hot sauce, etc.)
- ☐ Salsa
- ☐ Nut & seed butters (e.g., peanut, sunflower seed, almond, tahini, cashew, etc.)
- ☐ Low-sodium tomato sauce, canned tomatoes (whole, crushed, diced), and tomato paste
- ☐ Low-sodium soy sauce or tamari
- ☐ Vinegars (balsamic, red wine, apple cider, rice wine, white wine, etc.)



- ☐ Nutritional yeast
- ☐ Coconut milk (get full-fat types and dilute with water if needed rather than buying lite coconut milk, which is just watered down coconut milk)
- ☐ Unsweetened coconut flakes
- ☐ Hoisin sauce, black bean-garlic sauce, or vegetarian oyster sauce
- ☐ Olive oil, avocado oil, and/or canola oil (or other liquid plant oils), optional
- ☐ Toasted sesame oil, optional

Fruit

- ☐ Frozen berries and other fruit
- ☐ Bananas (can be peeled and frozen if they start to brown; these make for great smoothies!)
- ☐ Citrus fruit
- ☐ Apples
- ☐ Pears
- ☐ Whole watermelons and other melons
- ☐ Dates
- ☐ Raisins and other dried fruit

Veggies/Aromatics

- ☐ Carrots
- ☐ Potatoes
- ☐ Sweet potatoes
- ☐ Beets or other root veggies
- ☐ Cabbage
- ☐ Winter squash
- ☐ Frozen corn, peas, and spinach
- ☐ Garlic
- ☐ Onions
- ☐ Celery
- ☐ Ginger root
- ☐ Romaine lettuce (washed and stored appropriately, it can last over 2 weeks refrigerated)
- ☐ Canned vegetables (if low- or no-sodium-added versions are available)



Fruits and vegetables not listed here are best if purchased fresh within a few days of planned use.

Protein-rich Foods

- ☐ Dried beans and lentils
- ☐ Canned beans and lentils
- ☐ Frozen, cooked beans
- ☐ Frozen edamame
- ☐ Tofu (firm, extra firm)
- ☐ Silken tofu (shelf-stable type)
- ☐ Nuts (e.g., cashews, almonds, walnuts, pine nuts, pecans, peanuts, etc.)
- ☐ Seeds (flaxseed, chia seed, pepitas, sunflower seeds, sesame, etc.)
- ☐ Tempeh



- ☐ Eggs, optional
- ☐ Canned fish, optional
- ☐ Frozen poultry, fish, seafood, or other lean proteins, optional

Dairy and Dairy Alternatives

- ☐ Unsweetened soy or other plant milks (some are shelf-stable prior to opening)
- ☐ Plant-based Parmesan (see recipe in the *Curriculum*)
- ☐ Plant-based, unsweetened yogurt (fortified with calcium and vitamin D, ideally)
- ☐ Unsweetened low-fat or non-fat plain or Greek yogurt, optional
- ☐ Cultured plant butter, non-hydrogenated butter alternatives, or unsalted butter, optional (use sparingly)
- ☐ Parmesan or other hard cheeses for flavoring, optional (a little goes a long way)
- ☐ Block or shredded cheese, optional (freeze shredded and remove small amounts when needed)

Baking

- ☐ Pure vanilla extract
- ☐ Baking powder
- ☐ Baking soda
- ☐ Cornstarch or arrowroot powder
- ☐ Whole wheat pastry flour
- ☐ Whole wheat flour
- ☐ Chickpea flour
- ☐ Spelt flour and other whole grain flours for baking
- ☐ Cocoa powder
- ☐ Unsweetened apple sauce
- ☐ All-purpose flour
- ☐ Gluten-free 1:1 all-purpose flour substitute, optional (for gluten-free baking)



If preparing gluten-free recipes, some alternative flour options include rice flour, sweet rice flour, tapioca flour, teff flour, millet flour, soy flour, fava flour, and potato starch (xanthan gum is also good to have on hand for a binder).

Sweets and Sweeteners

- ☐ Dark chocolate (at least 65% dark; the higher the percentage, the lower the sugar content)
- ☐ Honey, maple syrup, agave syrup, or date paste
- ☐ Granulated sugar, optional
- ☐ Brown sugar, optional
- ☐ Powdered sugar, optional



Some Basic Herbs and Spices

- ☐ Salt
- ☐ Salt-free seasoning (usually a mix of herbs, spices, and other vegetables)
- ☐ Pepper
- ☐ Bay leaves
- ☐ Cayenne pepper or ground chili powder
- ☐ Cinnamon
- ☐ Cumin ground or whole seeds
- ☐ Crushed red pepper
- ☐ Curry powder or garam masala
- ☐ Ground ginger
- ☐ Italian seasoning
- ☐ Nutmeg
- ☐ Oregano
- ☐ Paprika
- ☐ Rosemary
- ☐ Thyme
- ☐ Garlic powder

Get whatever you like! See **World Flavors: Herbs, Spices, and More** handout for an expanded list.

