

Starter Ingredient List

Remember, this is a starter guide so you may have different or more advanced ingredients you would add to this list.

Lots of Fruits and Veggies!

- Tomatoes (canned or fresh), greens, mushrooms, cauliflower, broccoli, carrots, eggplant, corn (canned or fresh),
- Apples, bananas, pineapple, oranges, kiwi, lemons, limes

Beans

- Chickpeas
- Black beans
- Butter beans

Lentils

- Red, yellow and/ or green

Nuts and Seeds

- Cashews
 - Helpful in sauces, dressings, and cheese recipes
- Almonds
- Pumpkin
- Walnuts

Grains/ Rice/ Other Seeds

- Quinoa
- Brown rice
- Oats

Condiments

- Peanut butter
- Tahini
- Vanilla
- Maple Syrup or Agave – used as a sweetener in place of honey
- Soy Sauce, or Tamari for non-soy version
- Rice, White Wine or Apple Cider Vinegar

Spices

- Cinnamon
- Cumin
- Oregano
- Garlic powder
- Onion powder
- Salt & Pepper

Herbs

- Cilantro
- Basil

Flavor Enhancers

- Fresh Garlic
- Fresh Ginger

Optional Additional Ingredients

- Chia Seeds
 - A superfood; Used to make breakfast puddings or in smoothies; Can be pricey
- Nutritional Yeast
 - Great source of protein and B12. Nutritional Yeast has a nutty flavor and is used in a lot of cheese and sauce recipes. We use it all of the time now, on almost everything.
- Coconut Milk
 - Used for curries and often found in other plant-based recipes
- Flaxseeds
 - Flax seeds can be used to replace eggs in a lot of recipes like veggie burgers. There are instructions out there for it, but basically let ground flaxseed sit with water for a bit in a small bowl and it thickens up. we use these a lot! Grind in coffee grinder or pepper mill or blender and store in freezer.
- Dates/ Dried Figs
- Tofu
- Tempeh
- Chili Flakes
- Turmeric
- Corn Starch
- Veggie Broth