

Stocking a Healthy Kitchen Pantry

Beans & Legumes

Dried or Canned

- Black Beans
- Black-Eyed Peas
- Garbanzos (chickpeas)
- Kidney Beans
- Lentils (red, green, brown)
- Navy Beans
- Pinto Beans
- Soy Beans
- White Navy Beans
- ...and Many More!

Tips & Tricks

Restock your pantry a little at a time. Start by replacing items you already use with whole food options (white rice to brown rice) and expand as you go. Don't feel you need to have everything on this list, just buy the items you'd like to use. Most people find that eating a plant-based, whole foods diet will reduce their food bill and provide many health benefits!

Dried Herbs and Spices

Nut Butters

With No Salt or Sweeteners Added

- Almond
- Peanut
- Cashew
- Tahini (sesame seed butter)

- Allspice
- Basil
- Cardamom
- Cayenne Powder
- Celery Seed
- Cinnamon
- Cloves
- Cumin
- Coriander
- Curry Powder
- Dill
- Garlic Powder
- Italian Seasoning
- Nutmeg
- Nutritional Yeast Flakes
- Onion Powder
- Oregano
- Paprika
- Parsley
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric
- Salt-Free Spice Mix (Mrs. Dash)

Baking Ingredients

- Baking Powder
- Baking Soda
- Cane Sugar
- Cocoa Powder
- Cornstarch
- Honey
- Maple Syrup (pure 100%)
- Molasses
- Olive Oil
- Yeast (baking)

Non-Dairy Milks

- Almond Milk
- Coconut Milk
- Oat Milk
- Rice Milk
- Soy Milk

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Fruits

Fresh, Frozen, or Dried

- Apricots
- Cranberries
- Dates
- Figs
- Mango
- Pineapple
- Prunes
- Strawberries
- Raisins
- Blackberries
- Blueberries
- Peaches
- Raspberries

Grains

- Barley (pearled and whole)
- Multigrain cereal (a seven or ten grain mix)
- Oats (whole, rolled, and quick cooking)
- Wheat (bulgar and hard red)
- Brown, Red, and Wild Rice
- Millet
- Quinoa
- Spelt (whole)
- Popping Corn
- Whole Grain Pastas (whole wheat, brown rice, etc.)

Canned Goods

- Applesauce
- Olives
- Tomato Paste
- Pineapple Tidbits
- Canned Tomatoes
- Tomato Sauce
- Mandarin Oranges

Raw Nuts & Seeds

With No Salt

- Pumpkin Seeds
- Sesame Seeds
- Flax Seeds (whole and ground)
- Sunflower Seeds
- Almonds
- Cashews
- Peanuts
- Pecans
- Walnuts

Flour

- Brown Rice
- Buckwheat
- Cornmeal
- Spelt
- Wheat Bran
- Wheat Germ
- Wheat Gluten
- Whole Wheat (pastry & bread flour)
- Wheat (unbleached white)

Other

- Tofu (extra firm for savory dishes)
- Tofu (silken for baking, sauces, and smoothies)
- Tempeh (soy, multigrain, or flax)
- Lemon & Lime Juice
- Vinegars (apple cider, rice, and balsamic)
- Low-Sodium Soy Sauce
- Tabasco Sauce
- Salad Dressings (low in salt, fat, and sugar)
- Low-Sodium Vegetable Broth
- Olive Oil

Egg Substitutes

Each Option Equals One Egg

- ½ Banana (for binding & moisture)
- ¼ cup Applesauce (for binding & moisture)
- 1tsp Baking Powder + 1 tsp Vinegar (For leavening)
- 1 tbsp ground flax + 3 tbsp of water
- Egg Beaters (Use as directed)