

## **My Pantry Ingredient List**

This list is based on what I keep on hand each week for meal-prep and cooking. Depending on the season, the ingredients may change a bit, but I don't vary from this often.

It is a low-cost ingredient list, and the items can be used in a large variety of dishes and meals.

### **Fresh, Non-Packaged Veggies**

- Potatoes
- Sweet Potatoes
- Pumpkin
- Cauliflower
- Broccoli
- Corn
- Tomatoes
- Mushrooms
- Red Onion
- White Onion
- Romaine
- Spinach
- Other greens in season
- Eggplant
- Cilantro
- Basil
- Garlic
- Ginger
- Lemon
- Lime
- Red Chilies

### **Fresh Fruits**

- Apples
- Bananas
- Kiwi
- Blueberries

- Oranges

### **Beans/ Legumes (fresh or canned)**

- Chickpeas
- Black Beans
- Kidney Beans
- Butter Beans
- Red Lentils
- Yellow Lentils

### **Grains/ Seeds People Think Are Grains**

- Rolled Oats
- Buckwheat
- Quinoa (on occasion)
- Brown Rice
- Millet

### **Packaged Goods**

- Plant-based Milk
- Coconut Milk
- Veggie Broth
- Canned Corn
- Canned Tomatoes
- Maple Syrup
- Agave
- Tahini
- Peanut Butter
- Nutritional Yeast
- Dried Fruit for Muesli – blueberries, cranberries
- Chia Seed Noodles (Random find I buy regularly)
- Whole Wheat Pasta
- Cocoa Powder
- Popcorn
- Whole Wheat Flour
- Baking Soda
- Baking Powder
- Yeast

- Corn Starch
- Soy Sauce
- Miso Paste
- White Wine Vinegar
- Sriracha
- Tabasco
- Chili Sauce
- Dijon Mustard
- Black Vinegar
- Red Wine Vinegar
- Balsamic Vinegar
- Brown Sugar
- Worcestershire
- Apple Cider Vinegar
- Occasionally Tofu or Tempeh

#### Nuts

- Walnuts
- Cashews
- Peanuts

#### Dried Spices Most Often Used

- Ginger Powder
- Garlic Powder
- Cumin
- Garam Masala
- Chana Masala
- Basil
- Oregano
- Thyme
- Sage
- Rosemary
- Paprika
- Marjoram
- Black Pepper
- White Pepper
- Cinnamon

- Dried Red Chili Pepper
- Dill
- Red Chili Powder
- Turmeric
- Onion Powder
- Cayenne
- Homemade Dill Spice Mix: Garlic powder, onion powder, dill, salt
- Dr. Greger's spice mix
- Lemon Pepper spice mix
- A few other Italian herb spice mixes

### **Other Dried Spices Used Sometimes**

- Taco Mix Seasoning
- Chinese Five Spice
- Nutmeg
- Green Cardamom Powder (using more frequently lately)
- Whole Cloves
- Coriander Seeds
- Parsley
- All Spice
- Fennel Seeds
- Fenugreek Seeds
- Green Cardamom Seeds
- Dried Lemon Grass
- Dried Kaffir Lime Leaves