



Plant-Based Ingredient List

The below lists of ingredients are to help you build up your pantry with staple ingredients used in many plant-based recipes and meals. This list is not exhaustive, but meant to help you when you grocery shop.

Basic Ingredients

These are examples of types of base foods you can use to make simple plant-based meals

Vegetables	Fruits	Legumes	Grains/ Rice	Nuts/ Seeds	Condiments	Spices	Herbs
Greens	Apple	Chickpeas	Brown Rice	Almonds	Peanut Butter	Garlic Powder	Basil
Mushroom	Banana	Black Beans	Quinoa	Walnuts	Tahini	Onion Powder	Cilantro
Cauliflower	Orange	Butter Beans	Buckwheat	Cashews	Vanilla	Paprika	
Carrot	Watermelon	Kidney Beans	Oats	Pumpkin Seeds	Maple Syrup	Cumin	
Eggplant	Kiwi	Red Lentils		Pecans	Soy Sauce	Pepper	
Corn	Blueberry	Green Lentils			Tamari	Cinnamon	
Zucchini	Strawberry	Yellow Lentils			Rice Vinegar	Cumin	
Pumpkin	Mango				White Vinegar	Oregano	
Potato	Pears				Apple Cider Vinegar	Basil	
Sweet Potato	Peaches				Mustard	Chili Powder	
Squash	Lemons				Miso Paste	Cayenne Pepper	
Cabbage	Limes						
	Tomato						
	Avocado						

Other Ingredients

- You may see the below ingredients in plant-based recipes, but they are not necessary for a basic, budget-friendly plant-based diet.
- These ingredients might be supplemental foods for the above list of base ingredients.
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- Some of these foods are not considered 'whole food', but are minimally processed. However, I use many of these and other minimally processed foods from time to time when my budget and time allow.
- This list is not exhaustive, but is an example of the kinds of foods you may see in recipes or want to add to your meals.

Other Ingredients							
Chia Seeds	Coconut Milk	Tempeh	Veggie Broth	Bread Crumbs	Plant-Based Milk	Olives	Tapioca Starch
Flax Seeds	Tofu	Corn Starch	Hot Sauce	Whole Wheat Flour	Capers	Stevia Sweetener	Turmeric
Brown Sugar	Nutritional Yeast						