



My Basic Plant-Based Kitchen Cupboard Staples

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NUTS

1. Walnuts
2. Almonds
3. Brazil
4. Raw Cashews

SEEDS

1. Pumpkin
2. Chia
3. Sesame
4. Hemp (hulled)
5. Flax (ground)

PULSES

1. Black beans
2. Lentils
3. Chickpeas
4. Soy mince

HERBS / SPICES

1. Cinnamon
2. Turmeric
3. Oregano
4. Paprika
5. Ginger fresh
6. Garlic

FROZEN

1. Bananas
2. Berries
3. W/gr Pitta
4. Peas
5. Edamame
6. Any seasonal fruit!

GRAINS

1. Oats
2. Quinoa
3. Bulgur-wheat
4. W/gr Flour
5. W/gr Pasta
6. Brown Rice

'DELICATESSEN'

1. Plantbased Milk
2. Vegan Cheese
3. Vegan Butter
4. Nutritional Yeast
5. (pea)Nut Butter
6. Canned Chopped tomatoes

...and HEAPS of FRESH veg / fruit in your fridge!!