

VEGAN PANTRY LIST

LEGUMES

- Black beans
- Black-eyed peas
- Broad beans
- Lima beans
- Chickpeas
- Haricot beans
- Kidney beans
- Mung beans
- Pinto beans
- Soya beans
- Brown Lentils
- Green Lentils
- Red lentils
- Green split peas
- Yellow split peas
- Whole peas

HERBS

- Coriander
- Parsley
- Thyme
- Rosemary
- Sage
- Chives
- Bay leaf
- Basil
- Mint
- Dill

VEGETABLES

- Plantain
- Sweet potato
- Yam
- Cabbage
- Aubergine
- Okra
- Spinach
- Green beans
- Broccoli
- Fennel
- Onions
- Cucumber
- Bell pepper
- Scotch bonnet

OILS

- Coconut
- Virgin Olive
- Toasted Sesame
- Sunflower
- Peanut
- Palm oil

GRAINS

- Amaranth
- Barley
- Buckwheat
- Corn
- Millet
- Fonio
- Sorghum
- Oats
- Quinoa
- Brown rice
- Rye
- Spelt
- Teff
- Bulgur wheat
- Whole-grain wheat

SPICES

- Black pepper
- Caraway seeds
- Cloves
- Coriander seeds
- Fennel
- Star anise
- Cinnamon
- Paprika
- Nutmeg
- Hot pepper flakes
- Cumin
- Turmeric
- Cardamom

FRUITS

- Apples
- Melon
- Grapefruit
- Mango
- Banana
- Avocado
- Pineapple
- Papaya
- Blueberry
- Lime
- Pomegranate

VINEGARS

- Cider
- Rice
- Wine
- Balsamic

SEEDS

- Sunflower
- Pumpkin
- Chia
- Sesame
- Linseed
- Hempseed

NUTS

- Cashew
- Brazil
- Peanuts
- Almonds
- Pistachio
- Walnuts
- Macadamia

SUPERFOODS

- Spirulina
- Aloe Vera
- Manuka Honey
- Moringa
- Ginseng
- Maca
- Chlorella
- Wheatgrass
- Baobab

HERBAL TEAS

- Chamomile
- Green tea
- Rooibos
- Peppermint
- Hibiscus
- Ginger
- Green Mate

SWEETENERS

- Honey, raw unfiltered
- Rapadura
- Maple syrup
- Brown rice syrup
- Molasses
- Agave
- Coconut sugar

FLAVOURINGS

- Salt
- Nutritional yeast