***Starter Pantry Checklist***

# Vegetables

Dark leafy greens and cruciferous (kale, bok choy, spinach, cabbage, etc)

Root vegetables, preferably colorful ones (carrots, parsnips, beet, sweet potatoes)

Others (eggplant, celery, cucumber, herbs like cilantro and parsley, onion, ginger, tomatoes, garlic, dried or fresh mushrooms)

# Legumes

Dried, canned, and/or frozen chickpeas, black beans, mung beans, etc

Roasted peanuts, peanut butter

Fresh or frozen green beans

# Fruits and Nuts

Fresh fruits in season (citrus, berries, etc)

Frozen and/or dried fruits (no sugar added)

Roasted walnuts, almonds, pistachio, raw cashew, etc

# Cereals and Whole Grains

Brown, black, or red rice

Quinoa

Millet

Wild rice

Whole wheat pasta

Whole wheat, rye, or spelt flour

Oats

Corn meal or grits

Whole wheat cereal

Buckwheat noodles

# Fish

Canned, frozen, or fresh fish and seafoods

# Oils / Fats

Extra virgin olive oil, avocado oil, sesame oil, etc

# Dairy

low fat, fermented, no sugar added, plant-based

# Meats

tenderloins, skinless breast, lean (90/10 beef), or meat substitute (soy curls, tofu, tempeh, textured vegetable protein)

# Other

Red wine, white wine

Balsamic vinegar

Coconut aminos, soy sauce

Dried Herbs and Spices (garlic powder, onion powder, ginger powder, smoked paprika, cumin, oregano, curry, cinnamon, clove, nutmeg, chili powder, black pepper, chili flakes, bay leaf, peppercorn, star anise)