

Plant Based Toolbox

Keep these items on hand in your kitchen!

Pantry

- Nutritional Yeast
- Chia Seeds
- Lentils
- Quinoa
- Gluten Free Pasta
- Almond Milk
- Oatmeal
- Raisins
- Slivered Almonds
- Organic Unsweetened
- Cocoa
- Sweet Potatoes
- Bananas
- Chick Peas

Spices

- Cinnamon
- Nutmeg
- Iodized Sea Salt
- Dr. Fuhrman
VegiZest
- Lemon Pepper
- Turmeric
- Stevia

Freezer

- Almonds
- Walnuts
- Spinach
- Mixed Vegetables
- Berries

Gadgets

- Vitamix
- Soyabella
- Spiral Slicer
- Ceramic Pans
- Drainer Towel
- Glass Storage Bowls
- Steamer

Refrigerator

- Almond Butter
- Peanut Butter
- Cashew Butter
- Hummus
- Avocados
- Apples
- Lettuce
- Dates
- Zucchini
- Tomatoes
- Red Onions
- Carrots
- Celery
- Kombu
- Garlic