

VEGAN PANTRY BASICS

LEAN PROTEINS

Beans
Legumes
Soya
Tofu
Quinoa

COMPLEX CARBS

Wholegrain rice, rice cakes, puffed rice, brown rice pasta, brown rice noodles
Wholegrain pasta/spaghetti/noodles
Wholemeal bread
Quinoa
Maize, Spelt, Rye, Amaranth, Buckwheat, Millet
Sprouted Grains
Oats, Oat Cakes,

HEALTHY FATS

Coconut oil, Avocado Oil, Flaxseed Oil, Extra Virgin Olive Oil, Olive Oil
Nuts
Nut butters
Seeds
Avocados

DAIRY FREE MILKS

Oat milk
Brown rice milk
Hazelnut milk
Soya milk
Almond milk

SUGAR

Maple syrup
Dried fruit
Fresh fruit
100% fruit spreads

MISC

Herbs/spices
Vinegars
Sea Salt/Pink Salt
Nutritional Yeast
Tamari Sauce
Dried Fruit
Herbal Teas

COMPLEX CARBS FROM FRUIT & VEG

Apples
Asparagus
Avocado
Bananas
Blueberries
Broccoli
Beans
Carrots
Cabbage
Celery
Cucumber
Fennel
Fig
Grapes
Grapefruit
Garlic
Ginger
Kale
Kiwi
Lemon
Leeks
Lettuce
Mango
Melon
Mushrooms
Nectarine
Onion
Pineapple
Pear
Peas
Potato
Pumpkin
Radish
Raspberries
Sweet potato
Swede
Squash
Spinach
Swiss chard
Tomato