

Stocking a Vegetarian Whole Foods Pantry

 [jessicainthekitchen.com /stocking-vegetarian-whole-foods-pantry/](http://jessicainthekitchen.com/stocking-vegetarian-whole-foods-pantry/)

Grains, Legumes & Pastas

Brown Rice

[Whole Wheat Pastas](#)

Whole Wheat Flour & Other Homemade Flours (Chickpea Flour, [Oat Flour](#)) – I’ve lost all taste and feel for white flour but if you must use it ensure it’s unbleached! Homemade flours are so easy to make and have way more taste and nutrition – you can easily grind it in your food processor, coffee grinder or purchase a miller.

Couscous

[Quinoa](#) (technically a seed but is used widely like a grain)

Farro

[Old Fashioned-Oats](#)

Beans

[Garbanzo Beans \(Chickpeas\)](#) – These are my favourite beans. Chickpeas are *so* versatile and mash so easily, making them so useful in creamy recipes such as hummus.

[Black Beans](#)

Kidney Beans

Lentils

Herbs & Spices

Basil

Parsley

Thyme

Mint

Rosemary

Dill

Cilantro

Oregano

Sea Salt

Ground Black Pepper

Paprika

Crushed Red Pepper Flakes

Garam Masala

Cumin

Ginger

Turmeric

Cardamom

Cinnamon

Nutmeg

Cloves

Mustard Powder

Nuts & Seeds

Cashews - these are some of the most versatile nuts that I know! You can use cashew to replace all sorts of cheeses or thick milks.

Pistachios

Almonds

Walnuts

Pecans

Sunflower Seeds

Flaxseeds

Chia Seeds

Condiments/Spreads/Sauces

Olives

Hummus

Pesto

Tahini

Sun dried Tomatoes

Pasta Sauce or Marinara Sauce

Tomato Jam

Sriracha or Pepper Spread

Natural Jams or Preserves

Pure Peanut Butter

Almond Butter

Cashew Butter

Braggs Liquid Aminos – this is my favourite replacement for soy sauce!
You can buy it [here](#).

Balsamic Vinegar

Fats & Oils

Olive Oil
Coconut Oil
Almond Oil
Sesame Oil

Snacks

Homemade Snacks:
[Beet Chips](#)
[Apple Chips](#)
[Sweet Potato Chips](#)
[Kale Chips](#)
Spinach Chips
Homemade Granola Bars

Sweeteners

[Raw, Unprocessed Honey](#)
[Maple Syrup](#)
Date Syrup (coming soon to the blog!)
Coconut Sugar
Molasses