NOTE: I do not keep all these varieties of veggies and fruit in my kitchen all the time. Who has that kind of room? I just want to give you an idea of what is available.

Grains:

- old fashion oats
- rice (brown, Jasmin, wild, etc.)
- bulgur (a wheat grain that is great for adding texture to meatless dishes)
- quinoa
- barley (I add to soups and stews)
- millet (I add to soups and stews)
- corn meal (for cornbread)
- grits
- unbleached flour (whole wheat, spelt, brown rice, barley, etc.)
- whole-wheat pastry flour
- pasta (whole wheat, spelt, artichoke, quinoa, etc.)
- bread (rye, pumpernickel, spelt, etc.)
- tortillas (corn & whole grain flour)

Legumes:

- kidney beans
- pinto beans
- garbanzo
- white beans (navy, cannellini, great northern, etc.)
- black beans
- black-eyed peas
- green peas
- split peas
- edamame (soybean, fresh or frozen)
- lentils (red, green, brown, etc.)
- nuts
- many, many more...

Vegetables:

There is no limit here. I do not keep all of these on-hand. This is just to make you aware of what is available:

- potatoes (red, Russet, Yukon gold, etc.)
- sweet potatoes
- tomatoes
- carrots
- radishes
artichokes
lettuces (Romaine, endive, butter head, loose leaf, etc.)
other greens (spinach, collards, etc.)
cabbages (purple, green, Napa, Bok Choy, etc.)
broccoli
cauliflower
Brussels sprouts
bean sprouts
leeks
garlic
ginger
bell peppers (red, yellow, green)
pepper (the hot ones)
onions (purple, yellow, white, etc.)
corn
cilantro
parsley
This is just a few...

Fruits:

apples
pears
oranges
grapes
pineapple
nectarine
peach
bananas
berries (strawberries, blueberries, raspberries, etc.)
kiwi
avocado
lemon
lime
melons (cantaloupe, watermelon, honey dew, etc.)
and many, many more

Condiments:

balsamic vinegar
apple cider vinegar
rice vinegar
red wine vinegar
Bragg's amino acids
tahini (this is a sesame paste. Usually found in peanut butter section)
maple syrup
• black strap molasses
• Dijon mustard
• yellow mustard
• ketchup
• soy sauce or tamari
• Worcester sauce (make sure it doesn't have anchovies)
• vegetarian 'oyster' sauce
• nutritional yeast
• sweetener such as sucanat or sugar (sucanat is a less refined sugar)
• baking powder
• baking soda
• corn starch or arrowroot powder (for thickening)
• vanilla
• vegan, low-fat soup cups like Dr. McDougall

**Spices:**

• Italian seasoning
• garlic powder
• onion powder
• paprika and smoked paprika
• peppercorn mélange
• turmeric
• tarragon
• cayenne
• chili powder
• cumin
• steak seasoning
• bay leaf
• parsley
• basil
• oregano
• red pepper flakes
• just to name a few...

**Canned Foods:**

• beans
• tomato paste
• tomato sauce
• artichoke hearts
• water chestnuts
• chipotles
• cream corn
• pimentos
• baby corn
• vegan low-fat soups
• veggie broth
• fire roasted tomatoes
• apple sauce

Refrigerator Foods:

• hummus
• plant-based milk (soy, almond, rice, etc.)
• tofu (firm, extra firm, silken)
• tempeh
• seitan
• lemon juice
• flax meal
• salsa

Frozen Foods:

• Ezekiel breads (they are kept in the freezer section of many grocery stores)
• hash browns
• fruits (like berries, etc.)
• chopped spinach
• corn nibbles
• green peas
• mixed veggies
• stir fry veggies
• healthy plant-based pizza crusts
• whole grain bagels
• whole grain buns (for bean burgers and carrot hot dogs)