

RESOURCES

For a rich reserve of lists and resources—everything from the scientific research to support systems, access to endless plant-centered recipes, food prep tips, and books that educate and inspire—go to www.theplantbasedjourney.com and navigate to Resources.

SHOPPING LIST

This shopping list, based on the contents of my own refrigerator and pantry, will get you started stocking your own plant-based kitchen. It is not necessary to rush out and procure everything on this list, by any means! Let your plant food arsenal grow right along with plantifying foods you are already familiar with and the templates and recipes you start to make. For a downloadable version, see Resources at www.theplantbasedjourney.com. There you will also find other helpful tutorials, including tips for cooking beans and grains.

The most economical way to procure beans, legumes, whole grains, dried fruits, nuts, and seeds is to buy in bulk, often available at natural foods stores. There is an extensive assortment of plant-based food items available online at specialty websites such as bulkfoods.com, vitacost.com, and amazon.com. To save on produce, shop the farmers' market, where you can often stock up for lower prices than the supermarket. In season, you can buy extra and freeze for later use.

VEGETABLES

- | | | |
|------------------|--------------------------|----------------------|
| acorn squash | celery | parsley |
| arugula | cilantro | portobello mushrooms |
| baby spinach | dried shiitake mushrooms | red potatoes |
| bok choy | garlic | romaine lettuce |
| broccoli | green beans | sweet onions |
| Brussels sprouts | green cabbage | tomato salsa |
| butternut squash | kale | yams |
| carrots | | Yukon gold potatoes |

Review Copy

BENBELLA

FRUIT

apples (fresh and dried)	bananas	oranges
apricots (fresh and dried)	Calimyrna figs	peaches
	cherries	plums
	Medjool dates	raisins

BULK DRIED FOODS

<i>BEANS AND LEGUMES</i>	black rice	<i>BREAD</i>
black beans	brown jasmine rice	whole wheat bread
chana dal	brown rice cereal	corn tortillas
chickpeas	bulgur	sprouted cinnamon raisin bread
dried split pea flakes	corn flour	sprouted grain burrito wraps
French lentils	cornmeal	sprouted grain sesame bread
green split peas	old-fashioned rolled oats	whole grain tortillas
kidney beans	pasta (whole grain, quinoa, etc.)	whole wheat lavash
orange lentils	polenta	<i>FLOUR</i>
pinto beans	quick-cooking rolled oats	brown rice flour
red beans	short-grain brown rice	coconut flour
red lentils	shredded wheat cereal	garbanzo flour
yellow split peas	whole oat groats	stone-ground whole wheat flour
<i>GRAINS</i>	whole wheat pastry flour	whole corn flour
Arrowhead Mills		whole wheat pastry flour
Organic Oat Bran		
Pancake and Waffle Mix		

FROZEN FOODS

bananas	kale	spinach
blueberries	mango	sprouted grain burrito wraps
cherries	mixed vegetables	veggie burgers
corn	peas	

CANNED/PACKAGED FOODS

black beans	garbanzo beans/ chickpeas	mushrooms
cannellini beans	kidney beans	olives
diced tomatoes	marinara sauce	soup cups
		tomato sauce

BAKING INGREDIENTS

applesauce	carob powder	date sugar
baking powder	cocoa powder	En-R-G egg replacer
baking soda	cornmeal	vanilla powder or extract
brown sugar	cornstarch	

SEASONINGS AND CONDIMENTS

apple cider vinegar	garlic powder	tamari
brown rice vinegar	ketchup	turmeric powder
chipotle powder	mango chutney	vegetable broth
cinnamon	nutritional yeast flakes	vegetarian seasoning (like Bill's Best Chik'nish Seasoning)
cumin seeds and powder	onion flakes	wet mustard
curry vindaloo powder	smoked paprika powder	white balsamic vinegar
dill	sweet balsamic vinegar	
	sweet chili sauce	

OTHER

cashews	maple syrup	raw almond butter
chia seeds	oat milk	raw tahini
flaxseeds	peanut butter	sunflower seeds
jam	plain unsweetened soy milk	walnuts