

## **Restocking your fridge & pantry**

### **Essential Foods for Success**

You don't need to get everything at once! Try adding to your pantry each time you try a new recipe (see our recipes!)

Some brands are suggested here, but keep in mind there are additional options for many of these products! Be sure to read the labels (see our info on label-reading!)

#### **Fresh Vegetables (that keep well)**

Onions

Garlic (can buy fresh peeled and/or shelf stable minced/crushed in a jar)

Ginger (can buy fresh or minced/crushed in a shelf stable jar)

Potatoes

Yams

Hard squashes (kabocha, butternut, acorn, pumpkin)

#### **Fresh Vegetables for the Refrigerator**

Carrots

Celery

Romaine hearts

Baby spinach

Pre-washed and bagged baby kale, arugula and greens mixes do well

Snap peas or green beans (fresh are great for snacking and dipping)

Broccoli (or bagged florets)

Cauliflower (or bagged florets)

Cabbage slaw mix (bagged Trader Joe's, 365)

Beets

Kohlrabi (peeled and sliced, great for salad and snacking or dipping)

Radishes (for salad and snacking or dipping)

Tomatoes

Mushrooms

Avocado

#### **Frozen Vegetables:**

Chopped spinach

Kale

Peas

Pepper and onion mix (Trader Joes)

Mushrooms

Corn and roasted corn

Broccoli

Cauliflower

Edamame

Vegetable blends like peas and carrots, peppers and onions, mushroom mix

Green beans

Hash browns (365 are oil-free)

### **Fresh fruits**

Apples

Bananas

Pears

Melon

Grapes

Papaya

Pineapple

Oranges

Peaches in season

Plums

Lemons and limes (for seasoning)

### **Frozen fruits** (good for Smoothies, Nice Cream and snacking)

Bananas (buy fresh and peel, slice and freeze when ripe)

Blueberries

Strawberries

Raspberries

Cherries

Berry mixes

Pineapple

Mango

Freeze grapes and cantaloupe for snacking, they taste like sorbet!

### **Beans (canned or dried)**

Garbanzo beans/chickpeas

Lentils

Black beans

Pinto beans

Kidney beans

Cannellini, Navy, Great Northern beans (white beans)

Green and/or yellow split peas

Canned fat-free refried beans (Whole Foods, Trader Joe's, Garden of Eatin' fat-free)

There are several chili, soup and other canned bean blends available - avoid those made with animal products and oil and choose low-sodium whenever possible.

### **Grains (these can often be found in bulk bins)**

Brown rice (short grain, long grain, basmati)

Oats (rolled, steel cut, old fashioned rolled - 365, Quaker, Trader Joe's)

Quick cooking oats (rolled, steel cut)  
Quinoa, white and tricolor (365, Trader Joe's, Ancient Grains)  
Black Rice (AKA forbidden rice, Eden brand)  
Red rice (Eden brand)  
Haiga Rice (partially hulled, looks/tastes like white rice)  
Millet  
Barley  
Wild Rice  
Farro (pearled or semi-pearled, also quick cooking like Trader Joe's)  
Frozen pre-cooked brown rice, rice blends, quinoa, couscous = just reheat!  
Brown rice pre-cooked/shelf stable (Minsley, Nishiki, O Organics, Ben's Original)  
There are several pre-seasoned instant rice brands but beware some contain oil and high sodium

**Great for bulking up dishes that usually have meat, dairy or fish:**

Tofu (water packed)  
Silken Tofu (shelf stable, great for desserts and sauces)  
Tempeh (Light Life)  
Seitan (wheat gluten)  
Artichoke hearts, canned or frozen (in brine, not oil)  
Hearts of palm, canned (for ceviche)  
Jackfruit in brine, canned (for sloppy joe's, crabless cakes, mock tuna)  
Soy Curls (made from tofu by Butler Foods)

**Dried herbs and spices:**

Onion powder or granules  
Garlic powder or granules  
Dried parsley  
Dried basil  
Dried oregano  
Ground ginger  
Ground cumin  
Ground cinnamon  
Ground cardamom  
Mrs. Dash  
Nutritional yeast (Braggs, Trader Joe's)  
Kala Namak (egg-y smelling/tasting black salt, great for tofu scrambles and eggless salad)  
Kelp or nori flakes (for a fishy flavor)

**Seasoning blends:**

Italian seasoning  
Herbs De Provence  
Curry powder blend  
Chili powder blend  
Garam Masala

Lemon Pepper

Trader Joe's has lots (read labels, some contain dairy). A few of our favorites:

Green Goddess seasoning, Soffrito seasoning, Onion salt blend, Everything Bagel seasoning, Chili lime seasoning, Umami seasoning, Furikake, Cuban Citrusy

**Condiments & Sauces:** (look for oil-free or fat-free, or oil listed toward the end of the ingredients)

Vinegars (apple cider, rice vinegar, balsamic, flavored balsamics like peach, lemon, pineapple and fig, red wine vinegar, etc.)

Mustards: dijon, yellow, brown, honey, Trader Joe's dill pickle mustard

Ketchup

Fruit Jams (Bionature is 100% fruit and delicious!)

BBQ sauce (Austin's Own, Trader Joes, 365, Stubb's, many more!)

Soy Sauce or Tamari, Bragg's Liquid Aminos, Coconut aminos

Chili sauce (Trader Joe's sweet chili sauce)

Hot sauce (Frank's, Valentina, Cholula, Tabasco, Tapatio and many more!)

Sriracha hot sauce (Wicked Kitchen, Huy Fong)

Sambal Oelek ground fresh chili paste (Huy Fong)

Korean Gochujang (Mother In Law's, Trader Joe's)

Chinese Hoisin sauce (365 brand, San J)

We Rub You original Korean marinade

"Thai Kitchen" Red Curry paste

Pickled jalapenos

Olives (in brine, not oil)

Capers

Sundried tomatoes (no oil)

Relish (sweet and/or dill)

Roasted red peppers (no oil)

Canned jalapenos, hatch chilies

Dill pickles

Bread & Butter pickles (sweet, no butter!)

Sauerkraut

Kimchi (Trader Joe's, Mother In Laws)

Trader Joe's sweet and spicy jalapenos

Low sodium vegetable broth/stock (Pacifica, 365, Trader Joe's) for oil-free sauteing and soups

Applesauce for baking, unsweetened (Trader Joe's 4-pack, and find 365 and Santa Cruz in a 6-pack)

Canned pumpkin (not pumpkin pie) for baking

Cocoa powder (for baking)

Dark Chocolate chips (dairy-free, for baking and Nice Cream garnish)

**Store-bought Salad Dressing options:**

Balsamic Vinaigrette (365 makes oil-free)

Bragg, Organic Oil-free Dressing & Marinade with Apple Cider Vinegar

Dr. Fuhrman's salad dressings (delicious and oil-free)  
(oil-free salad dressings are tough to find, instead stock up on your favorite flavored balsamic vinegars and see our easy salad dressing recipes)

### **Sweeteners**

Date syrup (Trader Joe's, The Date Lady)  
Pure Maple syrup (Trader Joe's, Costco, most grocery stores)  
Sugar in the Raw  
Brown Sugar  
Agave Nectar  
Monk fruit sweetener (Lakanto brand)  
Stevia (Truvia, 365, Trader Joe's )  
100% juices (to season NOT to drink)

### **Nuts & Seeds (raw only or dry roasted, for garnishing and sauces and dressings, not for snacking)**

Walnuts  
Pecans  
Almonds (including sliced and slivered)  
Raw cashews or cashew pieces  
Sunflower seeds  
Pumpkin seeds  
Chia seeds  
Flax seeds  
Sesame seeds (good garnish for Asian dishes, toasted have more flavor)

### **Flours**

Whole wheat, whole wheat pastry (365, Bob's Redmill)  
Oat (Bob's Redmill, Arrowhead Mills)  
Spelt (Bob's Redmill, Arrowhead Mills)  
Corn starch, tapioca flour or arrowroot flour (for thickening sauces, baking and making cashew mozzarella)  
Arrowhead Mills Buckwheat or Kamut pancake mix

**Nut butters and other items to add to dishes, to make sauces and dressings** (very high in fat and calorie dense, use sparingly):

100% Peanut Butter (just nuts ideally no salt - no oil, avoid peanut butter "spread")  
100% Almond butter (for baking and sauces)  
100% Cashew butter (for baking and sauces)  
100% Sunflower butter (if you can't eat tree nuts)  
Tahini (ground sesame paste, used in hummus, salad dressing and sauces)  
Miso pastes: mellow white, yellow or chickpea, red, barley, brown, rice

**Dried fruit** (for creating desserts, purees, and adding to dishes and baked goods, not for snacking)

Dates (pitted, medjool are soft, deglet noor are firm)

Raisins

Sultanas (golden raisins)

Dried cherries

Dried cranberries

Dried mango

### **Bread**

Food For Life Ezekiel sprouted breads, tortillas, burger buns, english muffins

Alvarado Street sprouted breads, bagels and english muffins

Ozery "One Bun" multigrain sandwich buns

Dave's Killer bread (yellow label is oil-free)

Whole wheat pita

Whole Wheat Lavash (California, Artoria) great for hummus and veggie roll-ups

Food For life gluten-free rice, almond and millet breads (many GF breads/products contain egg and oil, these do not)

Whole wheat pizza crusts (Plant Strong has no oil)

Corn tortillas

Whole Wheat and Spelt tortillas

### **Pastas/Noodles**

Quinoa pasta, quinoa/brown rice pasta (Ancient Grains, Trader Joe's)

Brown Rice pasta (Tinkyada, Jovial, Trader Joe's)

Whole Wheat pasta (365, Trader Joe's, Barilla)

Red and green lentil pasta (Trader Joe's, Ancient Harvest, Bionature, Thrive, Explore, Tolerant)

Black bean pasta (O Organics, Explore, Tolerant)

Chickpea/Garbanzo bean pasta (Banza)

Wheat or Buckwheat soba (Eden)

Rice noodles (Eden)

### **Marinara (pasta and pizza) sauce**

365 fat free marinara

Trader Joe's Tomato Basil sauce

Delallo

Lucini

Prego

Pomi

Muir Glen

Any oil-free tomato sauce (to make creamy/pink add cooked red lentils, pureed white beans, homemade cashew cream, unsweetened plant milk, or pureed potato)

**Canned Tomatoes** (for sauces, chili, soup, stews)

(Muir Glen, 365, Pomi, Trader Joe's)  
Chopped tomatoes  
Whole plum tomatoes  
Pureed tomatoes  
Tomato paste  
Fire-roasted tomatoes, chopped  
Whole plum tomatoes with basil (and San Marzano canned)

**Cereals:**

Puffed Kamut, Rice or Corn (Arrowhead Mills, Natures Valley)  
Multigrain flakes (Heritage)  
Wheat squares (unsweetened 365 or Trader Joe's)  
Grape Nuts  
Ezekiel cereals  
Barbara's (Shredded Wheat, Multigrain spoonfuls)  
365 Bite size wheat squares  
Kashi Simply Raisin  
Crispy rice cereal (Trader Joes, 365)  
Trader Joe's Organic raisin bran

**Plant Milks** (for cereal and cooking/baking, not for drinking)

Oat milk (Pacifica is the only oil-free)  
Rice milk  
Soy milk (unsweetened 365, Trader Joe's)  
Almond (unsweetened 365, Trader Joe's)  
Milkadamia (unsweetened)

**Snacks** (great for dipping and spreads, not for snacking out of the box!)

365 Woven Wheats  
Charra's, Guerrero's and Mission baked tostadas (all made without oil, great for dipping and for layering with refried beans, veggies, avocado and salsa)  
Mary's Gone Crackers (all flavors)  
Lundberg Rice cakes and Thin stackers  
Real Foods brand corn thins  
Finn Crisp brand rye and sourdough rye crackers  
Ryvita rye crackers  
Wasa crisp bread (not the flat bread or gluten-free crackers which contain oil)  
Popcorn (any brand containing only corn kernels)  
365 black sesame crackers, and plain rice crackers  
Trader Joe's tamari sesame crackers  
Edward & Son's rice crackers

**Dips and spreads:**

Hummus (look for oil-free if possible)  
Salsa and/or Guacamole

Black Bean dip

Corn and bean salsa

Edamame dip

Great for dipping: Carrots, celery, radishes, grapes, apples, pears, snap peas, french or regular string beans, cherry or grape tomatoes, peeled and sliced jicama

### **Beverages**

Water is best!

Sparkling water (add lemon, lime, orange or a splash of fruit juice)

Herbal tea

Green tea

Hibiscus tea (makes a wonderful iced tea)

Try adding a T of apple cider vinegar, lemon or lime, and a drop or two of Monk Fruit or Stevia sweetener to your water (whatever will encourage you to drink more during the day)

### **Pre-made/Grab or Heat 'n go:**

"McDougall" cup of soups (just add water)

Veggie sushi (many supermarkets carry fresh)

Hummus wraps

Dairy and meat-free burritos

Hodo veggie burger and seasoned tofu products

Amy's California and Sonoma frozen veggie burgers (contain a small amount of oil)

\*As much as possible look for oil-free. Second best is if the oil is not in the first 3-4 ingredients.

\*\*Condiments can be high in sugar and/or salt, but we use these in very small portions for flavoring

\*\*\*practice label-reading!

Remember: go for progress, not perfection. Do your best!