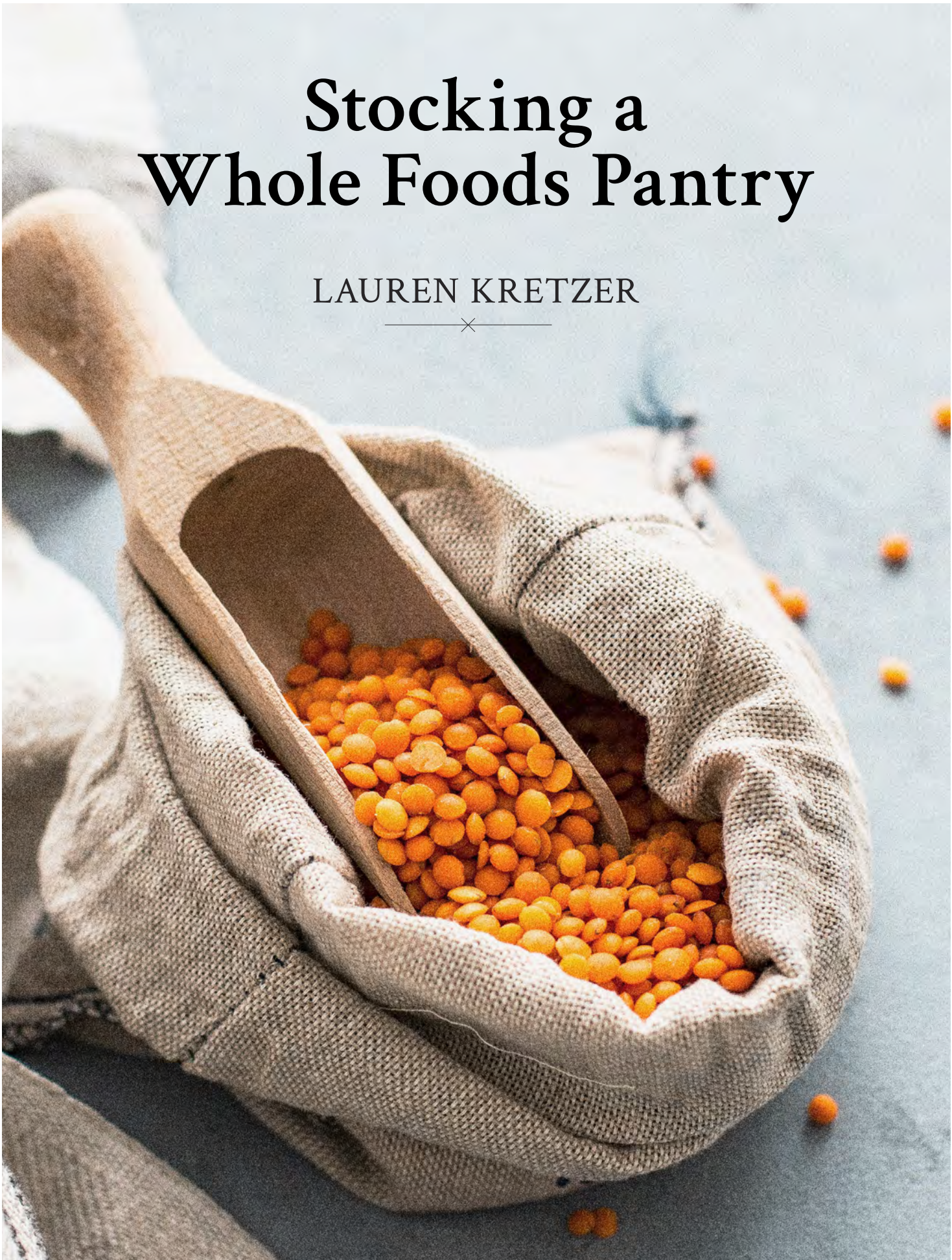


Stocking a Whole Foods Pantry

LAUREN KRETZER



Here's my personally curated list of must-have pantry items for putting together healthy, plant based meals at a moment's notice. Once you have a well stocked pantry, you'll find that you can almost always throw together something nutritious for breakfast, lunch and dinner. Once combined with regular trips to the grocery store and farmer's market, the possibilities are almost endless! Even if an ingredient is initially unfamiliar, pushing out of your comfort zone and finding ways to cook with new foods is the best way to expand your palate and improve your cooking skills. Note that this list is not 100% comprehensive - there's a whole world of ingredients to discover and I couldn't possibly list them all here! - but these are my favorite "basics" that you can always build upon later. When possible, choose organic brands to avoid GMO ingredients and pesticides.



Nuts & Seeds

Buy raw, unsalted nuts and store in airtight containers or in the freezer to extend shelf life. For the best prices, check bulk bins at your local grocery store. Nuts and seeds are good sources of plant based protein, healthy fats, and Omega 3s. They add wonderful flavor and texture to salads and grains, as well as serve as a great base for plant based cream sauces, cheeses, milks, butters, and even ice cream.

- **Almonds** Blood alkalizer, high in calcium, protein, magnesium and fiber
- **Walnuts** Supports healthy cholesterol levels, high in antioxidants
- **Cashews** Best base for the creamiest vegan sauces, desserts and cheeses
- **Hemp Seeds** Complete source of protein; blend into smoothies & sauces, add to oatmeal and grain dishes.
- **Pepitas** (Pumpkin seeds) High levels of zinc make them great immunity boosters
- **Brown Sesame Seeds (unhulled)** Good source of protein, calcium, iron
- **Chia Seeds** High in fiber, calcium, protein and Omega-3s. Great for vegan puddings.
- **Flax Seeds** Highest plant source of essential Omega-3 fatty acids; good egg replacer in baked goods.





Oils, Vinegars & Sauces

I can't stress enough that quality is key here – you can buy cheap olive oil and soy sauce, but both the quality and taste are far inferior.

- **Extra Virgin Olive Oil** For every day use. More affordable EVOO can be used for cooking and more expensive varieties can be used as a finishing oil.
- **Coconut Oil** Use for high heat cooking, sauteeing and baking.
- **Tamari** Japanese gluten-free soy sauce richer in flavor and color than common Chinese soy sauce. Use to add depth of flavor to soups, dressings, marinades, stir fries.
- **Toasted Sesame Oil** Use as a finishing oil and for use in marinades.
- **Balsamic Vinegar** The best varieties are from Modena—the thicker the consistency, the better the quality!
- **Raw Apple Cider Vinegar** Good all purpose vinegar with many uses beyond the kitchen!
- **Rice Vinegar** A favorite mild vinegar.
- **Umeboshi Vinegar** Also called ume plum vinegar, it has a distinct salty, sour and fruity flavor perfect for adding a final punch of flavor to your recipes.
- **Hot Sauce** Keep Sriracha and Cholula hot sauces on hand to add to marinades, curries and anything else that needs a spicy kick!



Whole Grains

Whole grains are delicious, filling, nutritious, and cheap – what’s not to love? I love cooking a pot of grains over the weekend for fast salads, stir fries and Buddha bowls all week long.

- **Short Grain Brown Rice** Contains all necessary amino acids and highest amounts of B vitamins of any grain. Helps regulate blood sugar, detoxifies the body, and acts as a blood purifier.
- **Long Grain Brown Rice** Great for serving with Asian inspired dishes.
- **Rolled Oats** A must for breakfast; great for lowering cholesterol and weight loss.
- **Quinoa** Contains more calcium than milk; a complete protein, nutrient rich.
- **Amaranth** High in protein and fiber. Packed with manganese, making this an optimal food for good brain health.
- **Farro** Nutty tasting grain high in protein, fiber and iron.
- **Millet** Fast cooking, high in amino acids, alkalizing.
- **Pasta** Whole wheat and gluten-free pastas (made from chickpeas and lentils) are a must for quick dinners. Keep buckwheat soba and thin rice noodles on hand for Asian style entrees and salads
- **Polenta** Hearty and gluten free, polenta can be eaten soft and topped with sauces and your choice of toppings, or can be set, cut into shapes and roasted or pan-fried.
- **Oatmeal** Choose old fashioned rolled or steel cut oats for easy, healthy breakfasts.



Beans & Legumes

I always have a big selection of heirloom beans and legumes on hand at all times. They are outrageously good for you (full of protein and fiber!) and really versatile. I toss them into soups, stews, grains, pastas, salads, buddha bowls, curries and tacos, and often puree them into creamy dips and sauces...the list goes on! I store a combination of both dried and canned beans – I love the taste and texture of beans made from scratch, but canned beans are infinitely more convenient, so I keep both in my pantry.

- **Chickpeas** Use for homemade hummus, salads, grains, pastas. My go-to/favorite bean.
- **Kidney Beans** A hearty bean to use in cold salads.
- **Lentils (green/brown, red, black)** A favorite quick cooking source of protein – use in soups, curries, salads, veggie burgers, tacos, sauces, etc.
- **Cannellini Beans** A favorite bean to simmer in soups and toss with pastas.
- **Black Beans** Great in Central/South American dishes and in homemade veggie burgers.
- **Split Peas** Perfect for hearty soups and curries and served atop warm cooked grains.



Dried Spices & Herbs

Having a wide variety of fresh dried herbs and spices will instantly enhance your cooking. A well-stocked spice cabinet will allow you the pleasure of cooking a variety of global cuisines without ever leaving your home kitchen. The right seasonings will perk up the humblest of dishes into something noteworthy and memorable.

- **Salt** Himalayan pink salt is my “every day” salt; it is prized for its purity, taste and nutrients.
- **Black Pepper** I keep a grinder filled with black peppercorns on my countertop. I love the taste and custom coarseness of freshly ground black pepper.
- **Dried Oregano** Essential for Mediterranean/Italian cuisine,
- **Garlic Powder** I rarely use garlic powder in place of fresh garlic, but it can be yummy in vegan cream sauces, on roasted potatoes, or even on popcorn.
- **Ground Turmeric** Powerful anti-carcinogenic/anti-inflammatory spice. Add to grains, soups, sauces, curries & roasted veggies. Combine with black pepper for best absorption.
- **Chili Powder** Essential for Latin American cuisine.
- **Cumin** Adds signature flavor to Indian, Latin American and Northern African dishes.
- **Smoked Paprika** Adds subtle smoky flavor to dishes without much heat; use in soups/ sauces and on grains.
- **Crushed Red Chili Pepper Flakes** A must for adding heat to your recipes!
- **Bay Leaf** A favorite way to add an herbal, almost pine-y flavor to broths, sauces, and soups.
- **Cinnamon** A must for desserts, breakfasts, baking, and adding authentic flavor to Indian and Northern African dishes.
- **Nutritional Yeast** While not an herb or spice, this seasoning is essential – it adds a cheesy, umami flavor to food and is great on just about everything!



Baking

If you're a fan of dessert, homemade pastas & breads, and pancake/waffle breakfasts, you'll want to keep a stocked baking cabinet. If you are gluten free, there are lots of all-purpose gluten free blends (Cup 4 Cup, Bob's Red Mill All-Purpose GF Flour) that you may want to consider stocking.

- **Whole Wheat Pastry Flour** A bit more tender/less dense than traditional whole wheat flour.
- **Spelt Flour** A great healthier alternative to all purpose flour; a bit lower in gluten, too.
- **Oat Flour** Gluten free flour made from oats, use in cookie, pancake and waffle recipes.
- **Almond Flour** Technically finely ground almond meal, ideal for gluten free baking.
- **Coconut Sugar** Produced from the sap of the flower of the coconut palm. Lower GI than refined sugar.
- **Pure Maple Syrup** A 100% natural, minimally processed sweetener high in antioxidants; contains zinc, magnesium, calcium and potassium.
- **Cacao Powder** Raw form of cocoa powder, it has superfood status due to its awesome health benefits, including super high antioxidant levels.
- **Dark Chocolate** Look for bars or chocolate chips with a cocoa content of 70% or above for maximum health benefits.
- **Dates** Great for adding caramel-like natural sweetness to baked goods, smoothies.
- **Baking Powder/Soda** Essential for leavening baked goods.
- **Baker's Yeast** For yeasted doughs, including homemade pizza dough and foccacia.



Miscellaneous

Here are my favorite “other” ingredients that I typically stock at all times:

- **Coconut Milk** Use for baking, curries and smoothies.
- **Canned Whole Peeled San Marzano Tomatoes** Best base for homemade tomato sauce.
- **Canned Fire Roasted Diced Tomatoes** Use in chilis and jambalayas.
- **Tomato Paste** For adding concentrated tomato flavor to broths, soups and sauces.
- **Marinara Sauce** Seek out brands that don't contain added sugar.
- **Vegan Bouillon Cubes** Great to have on hand for instant vegetable stock.
- **Natural Nut Butters** Keep peanut and almond butters on hand for sandwiches, baking, Asian sauces, homemade granola bars, and to add to oatmeal and smoothies.
- **Tahini** Made from ground sesame seeds, essential in hummus, great in dressings, marinades and sauces.
- **Dijon Mustard** Wonderful in homemade vinaigrettes, dressings and marinades.
- **Coconut Manna/Butter** Wonderful in oatmeal, smoothies, melted into grains.
- **Popcorn Kernels** A fast, shelf stable, satisfying and healthy snack—pop in coconut oil and add nutritional yeast and Himalayan salt.





LAUREN KRETZER



Let's change the world through our plates.

www.laurenkretzer.com

@lauren_kretzer