

essential shopping list

BY PEANUT BUTTER & ELLIE

grains

Brown rice
Organic quinoa
Spaghetti noodles
Bowtie pasta
Penne pasta
Quick oats

cans

Diced tomatoes
Tomato paste
Chickpeas
Black beans
Coconut milk
Pumpkin

liquids

Canola oil
Vegetable oil
Vegetable broth
Soy sauce
Chili garlic sauce
Vinegar
Apple cider vinegar
Maple syrup
Agave

baking

Flour
Sugar
Brown sugar
Baking powder
Baking soda
Salt
Vanilla
Baking cocoa
Cornstarch
Powdered sugar
Organic cane sugar
Organic coconut oil
Brown milled flax seed
Chia seeds
Pitted dates
Chocolate chunks
Chocolate chips

refrigerator

Vegan margarine
Vegan yogurt
Non-dairy milk
Tofu
Vegan cheese

spices

Salt
Pepper
Nutritional yeast
Cinnamon
Nutmeg
Ginger
Garlic powder
Onion powder
Paprika
Red pepper flakes

miscellaneous

Cashews
Almonds
Nut butter
Tortilla chips
Popcorn
Cereal
Granola
Tea