

Welcome!

We're **so glad** you signed up for our subscribers list. We love having you here!

This PDF has our "vegan pantry list" to help you stock your shelves with the items you need to quickly, easily produce delicious, nutritious plant-based meals, followed by a simple shopping list that you can fill out, backed by the EWG's Clean 15 and Dirty Dozen. We hope you find them useful.

FULL OF BEANS | VEGAN LIVING IN THE **REAL WORLD**

Directions

The shopping list is designed to print easily on most printers at default settings.

Computer and printer software varies tremendously so we can't cover all the possibilities here. But if you use the following settings (where-ever they are in your situation) it should work fine.

Pages: 3 & 4

Paper Size: 8.5x11

Scaling: 100%

Page Position (if available): centered

Double Sided

Flip on Long side (if available)

Once you have the number of sheets you need, simply fold them in half, along the convenient dashed line, and cut (or tear - be careful!) into two sheets.

Voila!

A shopping list with the produce buying tips on the back. :-)

The Pantry

A well stocked pantry can make the difference between a last minute trip to the store or fast food run, and an easy home-cooked meal. We have found the following pantry items indispensable and sometimes even a source of inspiration for a new recipe.

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Grains

organic is always your best choice, and worth it. If you can find bulk stock it saves time and money.

rice (brown, jasmine, white - your pick)
oatmeal
flour
chickpea flour
almond flour
quinoa
corn meal
pasta
tapioca flour
corn starch

Frozen

finding a big box store is the best value for frozen, organic produce

spinach
broccoli
corn
various fruits (blueberries, mangos, pineapple)

Legumes

long shelf life, whether canned or dry, stock up when they are on sale

black beans
chickpeas
kidney beans
lentils
cannelloni beans
split peas
navy beans (for baked beans...)

Oils

store in a cool dark place.

coconut oil
neutral vegetable oil (organic)
olive oil (organic)
vegan butter (Earthbalance is great)

Fresh Produce

buy organic, and local, whenever possible. check the dirty dozen/clean fifteen

seasonal fruits
bananas
apples
avocado
potatoes (sweet and white, organic)
onions red and white
garlic
ginger root (fresh - you can freeze this too)
carrots
celery
salad greens

Spices

find a co-op, or store, that sells in bulk. You will get a fresher product for less money (and reduce waste!)

cumin
salt
pepper
pink salt
cinnamon
chili powder
curry
garam masala
onion powder
garlic powder
dill
cayenne
thyme
bay leaves
basil
oregano
paprika
turmeric
ginger powder
mustard seeds
rosemary

Seeds, Nuts, & Nut Butters

store raw nuts & seeds in the fridge

flax seed
chia seeds
cashews
sunflower seeds
peanut and/or almond butter
tahini

Condiments

the plants that make plants taste even better :-)

tamari
hot sauce
agave
mustard
ketchup
vegan mayo (Just Mayo is fab)
vinegar (balsamic, apple cider)
pasta sauce
salsa

Misc Essentials

these are our frequent players and they show up in dishes regularly

canned tomatoes (diced)
tofu (organic, always)
culinary coconut milk (we always use low fat)
plant milk (almond, soy, coconut etc)
vegetable broth (we use Vogue brand)
nutritional yeast

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CLEAN FIFTEEN DIRTY DOZEN 2025

This handy list from EWG helps you avoid the **Dirty Dozen**, the fruits and vegetables that are highest in pesticide residues – and choose safer items from the **Clean Fifteen** list.

CLEAN FIFTEEN

Pineapple
Sweet corn (fresh and frozen)
Avocados
Papaya
Onions
Sweet peas (frozen)
Asparagus
Cabbage
Watermelon
Cauliflower
Bananas
Mangoes
Carrots
Mushrooms
Kiwi

<https://www.ewg.org/foodnews/clean-fifteen.php>

DIRTY DOZEN

Strawberries
Spinach
Kale, collard & mustard greens
Peaches
Pears
Nectarines
Apples
Grapes
Blueberries
Cherries
Blackberries
Potatoes

<https://www.ewg.org/foodnews/dirty-dozen.php>

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