

PLANT-BASED KITCHEN

essential checklist

CURATED LIFE

DRY INGREDIENTS:

- Bread*
- Brown sugar
- Dried fruit (raisins and apricots)
- Gluten free couscous
- Gluten free pasta (spaghetti, spirals)*
- Gluten-free soba noddles
- Nuts (almond, cashew and walnut)
- Seeds (pumpkin, sunflower, hemp, chia sesame and flax)
- Nutritional yeast
- Organic rolled oats
- Rice noodles
- Rice (brown, basmati and wild rice)
- Tri-colour quinoa

SPICES & SEASONING

- Curry powder
- Whole peppercorns
- Cinnamon (ground and sticks)
- Coriander (ground and seeds)
- Cumin (ground and seeds)
- Dried chilli flakes
- Dried oregano
- Fennel seeds (optional)
- Garam masala
- Ground cayenne pepper
- Nigella seeds (optional)
- Paprika (smoked or hungarian)
- Sea salt
- Turmeric

OILS & VINEGARS:

- Apple cider vinegar
- Balsamic vinegar
- Good quality extra virgin olive oil
- Organic brown rice bran oil
- Organic coconut oil
- Red wine Vinegar
- Rice vinegar
- Sesame oil

ESSENTIAL SAUCES & CONDIMENTS:

- Dijon mustard
- Honey or maple syrup
- Jam or other preserves
- Peanut butter
- Tamari sauce or soy sauce

BAKING ESSENTIALS

- All Purpose whole-wheat flour
- Baking soda and baking powder
- Chickpea flour and rice flour
- Cocoa powder
- Dark 70% chocolate
- Vanilla bean or vanilla extract
- Yeast (stored in fridge)

CANNED GOODS

- Canned organic tomatoes
- Good quality coconut milk
- Tomato paste

BEANS & LEGUMES

- Dry black beans (How to Cook [HERE](#))
- Dry butter beans
- Dry chickpeas
- Dry lentils (red, green, french & moong dal)
- Dry red kidney beans

PANTRY FRUITS & VEGETABLES

- Apples
- Garlic
- Ginger
- Lemons and limes
- Oranges
- Onions (red and brown)
- Potatoes
- Pumpkin (butternut or other)
- Sweet potatoes

FRIDGE FRUITS & VEGETABLES

- Carrots
- Celery
- Broccoli
- Eggplants
- Leafy green (kale, spinach or chard)
- Mushrooms
- Peaches or nectarines
- Spring onions (optional)
- Strawberries (optional)
- Zucchini

FREEZER STAPLE ITEMS

- Gluten-free puff pastry sheets*
- Homemade curry paste (recipe [HERE](#))
- Frozen fruit (blueberries & raspberries)
- Frozen leafy greens (spinach or kale)
- Frozen vegetables (corn, peas, broccoli)
- Vegetable cuttings / peels for DIY stock

FRIDGE DOOR ESSENTIALS

- Cheese (feta, goat's and parmesan)*
- Ghee or butter*
- Homemade miso paste
- Italian sun-dried tomatoes
- Olives
- Organic farm-sourced, free-range eggs*
- Organic greek yoghurt*
- Organic Tofu and tempeh
- Plant-based milk (almond)

** Adjust to suit dietary preference or requirement*

I hope you've loved this [Plant-Based Essentials Checklist!](#)

If you want to reach out with any questions or just want to say "hi", please email me (Kylie) on hello@curatedlifestudio.com

For more delicious plant-based recipes, please visit [Curated Life Studio](#).