



# McDougall Pantry Essentials

Stocking your kitchen with these wholesome, McDougall-approved essentials makes it **easy** to prepare satisfying, plant-based meals every day. Here's what to keep on hand:



## Dry & Canned Goods

- Buckwheat soba noodles
- Canned and/or dry beans (black, pinto, kidney, cannellini, garbanzo, no added salt)
- Canned tomatoes (combination of chopped or diced regular and fire roasted, no added salt)
- Corn tortillas (soft, no-oil)
- Ground flax seed\*
- Lentils (red, brown, black, etc.)
- Low-salt vegetable broth
- Natural peanut butter\*
- Oats (rolled, steel cut or groats)
- Quinoa
- Rice (white or brown long-grain or any other rice)
- Split peas (green, yellow)
- Whole grain or brown rice pasta



## Condiments & Seasonings

- BBQ sauce
- Brown rice flour
- Brown sugar
- Ceylon Cinnamon
- Chili powder
- Cumin
- Crushed Red Peppers
- Dijon mustard
- Garlic powder
- Hot sauces
- Italian Herb Mix
- Ketchup
- Onion powder
- Oregano
- Salt
- Sriracha
- Smoked paprika
- Soy sauce
- Spices
- Thyme
- Vinegars (balsamic, red wine, champagne, rice, etc.)



## Freezer

- Bean, rice, vegetable and/or potato blends
- Berries and other frozen fruit
- Rice
- Shredded hash browns (oil-free)
- Vegetables (spinach, kale, corn, peas, etc)



## Fresh & Refrigerated

- Avocado\*
- Fruit in Season
- Garlic
- Lemon
- Limes
- Onion
- Plant milk (unsweetened, oil-free)
- Potatoes
- Salsa
- Scallions
- Squashes (zucchini, butternut, delicata, etc.)
- Sweet potatoes or yams
- Tofu (firm)
- Tomatoes
- Vegetables in Season



## What to Skip

These items are high in fat and calories and easy to overeat on:

- Fake meats and vegan cheeses—they may be plant-based but they're usually high in fat, calories and additives
- Oils of any kind (olive, coconut, palm, canola, etc.)
- Processed snacks marketed as "plant-based" but high in fat/sugar
- Vegan butter, mayo and cheese

*\*High-fat and calorie dense*