

E2 Challenge Pantry Plan: Kitchen Must-Haves... to get Plant-Strong!

Cooking oil substitutes

Vegetable stock

Fresh produce

Choose a wide variety from this category, and focus especially on dark leafy greens.

Fruit

Vegetables

Starchy vegetables: potatoes (all varieties), squash

Herbs, such as parsley and cilantro

Whole grains

Check labels for oils, dairy and sugars - follow our label reading guidelines.

Brown rice

Wild rice

Risotto

Whole grain breads/pita

Whole grain baking mixes

Whole grain pancake mix

Whole wheat pasta

Dried and canned goods

Select items without added salt, sugars, oils, or preservatives.

Beans - including black, kidney, pinto, and northern varieties

Lentils - including red, green, and brown varieties

Fruits - including raisins, apricots, pineapples, strawberries, dates, figs, and mangoes

Spices

Tomatoes

Nuts

Avoid roasted /salted varieties.

Walnuts

Cashews

Almonds

Pistachios

Meat Substitutes

Tempeh

Tofu

Lentils

Milk Substitutes

Choose varieties that do not contain added oils or sweeteners.

Almond milk

Multi-grain milk

Oat milk

Soy milk

Sweeteners

Molasses
Maple syrup
Honey

Vinegars

Balsamic
Fruit
Oriental
Wine

Kitchen utensils

Baking sheets, pans, casserole dishes
Blender or food processor
Chopping and paring knives
Cutting boards
Colander and steamer basket
Non-stick cookware and lids
Storage containers, such as Pyrex®, Tupperware®, and Ziploc® bags

In the freezer

Watch the fat and sodium content of prepared frozen foods.

Corn tortillas
Fruits and vegetables
E2 approved breads
Pita bread
Pizza crusts

Make snacks and meal preparation easier by keeping these staples handy.

In the fridge

Cooked brown rice
Baked or steamed potatoes
Cooked beans/legumes
Hummus
Salad
Sliced fruits and vegetables