

## Prepping Your Kitchen

- Sharp knives
- A peeler
- 1-2 wood cutting boards
- A large soup pot
- A large cast iron frying pan
- A couple large bowls
- A high- speed blender
- A food processor

## Kitchen Staples: Shopping List

### Fruit

- Apples
- Berries
- Avocados
- Bananas
- Lemons
- Mandarins or oranges
- Stone fruit in season (peaches, nectarines)
- Melon (watermelon, cantaloupe)
- Dates
- Onion (red or yellow)
- Ginger
- Potatoes (sweet, russet, fingerling, yam)

### Protein & Dairy Alternatives

- Butter ([Miyoko's](#))
- Cheese ([Follow Your Heart](#), [Chao](#), [Miyoko's](#))
- Yogurt, 16 oz. unsweetened ([Forager](#))
- Ice cream (non-dairy [Ben & Jerry's](#))
- Milk (almond or macadamia are great. If you have nut allergies, try oat, soy, coconut or rice milk)
- Aioli ([Wildwood brand](#))
- Pea protein ([Aloha](#))
- Tempeh (try [Tofurky Smoky Maple Bacon](#))
- Tofu

### Vegetables

- Cucumber
- Tomatoes
- Bell pepper
- Carrots
- Celery
- Beets
- Broccoli
- Cauliflower
- Greens: Chard, Kale, Romaine, Cabbage or Spinach
- Asparagus
- Zucchini
- Mushrooms (crimini, oyster, shiitake)
- Artichokes
- Snap peas
- Garlic

### Frozen

- Waffles
- Fruit for smoothies (berries, peach, mango)
- Frozen açai
- Frozen corn
- Frozen edamame

\* These are just some examples of brands that carry plant-based alternative products. There are so many more, and the OMD team loves exploring their local grocery aisles for new finds.

## Spices (an assortment of fresh and dried)

- Salt
- Pepper
- Cayenne Pepper
- Turmeric powder
- Curry powder
- Cumin
- Garam Masala
- Mustard seeds
- Mint
- Thyme
- Basil
- Oregano
- Rosemary
- Smoked paprika
- Ginger
- Cinnamon
- Vanilla extract

## Drink

- Fresh juice (apple, orange, or cranberry — no added sugar)
- Coconut water
- Bubbly water

## Prepared foods

- Hummus
- Babaganoush
- Tamales

## Dry & Bulk Goods

- Noodles (soba, brown rice, wheat)
- Whole wheat sandwich bread
- Granola
- Dried Fruit: Turkish apricots, dates, mango

- Tortilla chips
- Rice crackers/cakes
- Canned beans (refried, black, pinto, garbanzo)
- Coconut milk
- Nutritional yeast
- Miso paste
- Vegetable broth ([Better than Bouillon](#))
- Cacao powder
- Maple syrup
- Baking powder

## Bulk Grains

- Quinoa
- Rolled Oats
- Farro
- Corn tortillas
- Whole wheat tortillas or wraps
- Flours: brown rice, oat or wheat

## Beans and legumes

- Lentils (yellow and green, red, brown, black/beluga)
- White beans (navy, royal corona, great northern, white cannellini)
- Black beans
- Garbanzo beans (chickpeas)

## Seeds/Nuts

- Almonds
- Walnuts
- Cashews
- Pecans
- Pumpkin seeds
- Chia seeds
- Flax seeds
- Flax meal
- Hemp seeds

## Oils and Vinegars

- Extra virgin olive oil
- Coconut oil
- Grape seed, avocado or other neutral oil
- Rice vinegar
- Balsamic vinegar
- Apple cider vinegar
- [Braggs Liquid Aminos](#)
- Tamari (gluten-free)

## Dips/Spreads:

- Hummus
- Nut butter (almond butter, organic peanut butter and tahini)
- Vegan Pesto
- Stone ground mustard (try [Edmond Fallot](#) brand)
- Ketchup (try [Annies'](#) brand)