

Shopping list

THE PLANT-BASED PANTRY

Cath Short guides you to the pantry staples to stock up on, so that you'll always be able to whip up something healthy and delicious. Just add fresh fruits and vegetables! Don't worry – you don't need to buy it all at once.

WHOLE GRAINS

- Quinoa – good source of protein and fibre (to replace pasta and rice). Gluten-free.
- Buckwheat – a gluten-free alternative to grains. High in protein. Easy to cook.
- Brown basmati rice – to replace white rice in most dishes.
- Pasta – wholegrain, rice, buckwheat or lentil – high in protein and fibre.

NUTS, SEEDS AND BUTTERS

- Cashews – they add a creamy texture when blended. Use in soups or to make sauces.
- Nuts – walnuts, Brazil nuts, almonds – to add healthy fats to salads – Brazil nuts for selenium.
- Nut butter – almond, cashew or peanut.
- Tahini – sesame seed paste. For salad dressings and dips.
- Mixed seeds – such as pumpkin, sesame and sunflower.
- Chia seeds – sprinkled on salad or add to oats for breakfast.
- Flax seeds – grind and store to make flax eggs (3 tbsp water and 1 tbsp ground flax) or to add to breakfast oats or smoothies.

OILS

- Coconut oil (cold pressed) – used occasionally in cooking.
- Olive oil (cold-pressed extra-virgin).

PROTEIN

- Chickpeas, kidney beans, cannellini etc – tinned or dried for protein and fibre.
- Lentils – high in protein. Buy tinned or dried. Try Puy or red lentils.
- Dried protein mince – such as Profusion Organic Protein Mince Pea & Fava or Sunflower Hack (UK). Useful for a quick bolognese or to add to stews. ❀
- Silken tofu – good for making sauces, desserts or scrambled tofu.

CONDIMENTS AND LIQUIDS

- Tamari – fermented soy sauce. Most brands are gluten-free.
- Coconut aminos – a fermented coconut dressing used in place of a light soy sauce. Perfect on its own as a salad dressing or in a dressing recipe. ❀
- Liquid smoke – not essential, but it adds a great smoky barbecue flavour to any dish. ❀
- Apple cider vinegar – alkalising to the system. Buy 'raw with the mother' which still contains the culture of beneficial bacteria for your gut. ❀
- Nutritional yeast – a deactivated yeast. It has a slight cheesy flavour. Look for ones that are fortified with B12.
- Salt – iodised or sea salt.
- Black salt – for eggy flavour to use in scrambled tofu. ❀
- Seaweed flakes and nori wraps – provider of iodine. Use the flakes in stews, soups etc.
- Plant-based milk – unsweetened oat, almond, rice, or soy. Always check for added oils, sugar and sweeteners.
- Jam – look for 'no added sugar or sweeteners' such as St Dalfour.

POWDERS & HERBS

- Cacao or carob powder (raw) – these are high in antioxidants (not processed cocoa). ❀
- Protein powder – look for clean ingredients that you recognise and can pronounce! Avoid whey and those with added sugar and sweeteners. Try Vivolife Perform. ❀
- Green powder blend – such as Naturya Organic Greens Blend for making smoothies.
- Turmeric blend – such as Naturya Turmeric Superblend for turmeric lattes.
- Cinnamon – natural sweetener and anti-inflammatory. Use liberally!

- Dried herbs and spices – Italian herb mix, basil, thyme, oregano, paprika, smoked paprika, chilli, dried garlic and onion powder.

DRIED FRUIT

- Medjool dates – as a snack or to add natural sweetness to smoothies and energy bars.
- Goji berries – small red berries that add antioxidants and colour.

IN THE FREEZER

- Kale, spinach, peas, sweetcorn, home cooked beans and lentils, dark skinned berries and sliced ripe bananas. Also sliced ginger, chilli and turmeric ready to chuck in a juice or smoothie or grate into a stir-fry.

IN THE FRIDGE

- Brown or white miso (salty flavour enhancer), oat cream, plant-based milk, raw sauerkraut ❀, firm tofu, tempeh, vegan cheese and yoghurt.

These items can all be found in your local health food shop and often in supermarkets too.

❀ = available in health food shops but unlikely to be found in supermarkets. ♥



CATH SHORT

Cath is a fully qualified personal trainer and plant-based nutritionist. Check out her online plant-based health and fitness course at training.raw4fitness.me/free-training.