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Kitchen Must-Haves

Cooking Oil Substitute

Fat-free skillet spray: PAM
Vegetable Stock

Fresh

Fruit
Vegetables: Dark Leafy Greens!
Herbs: parsley, cilantro

Grains

Brown Rice
Wild Rice
Risotto

Whole Grain Bread/Pita
Whole Grain Baking Mixes
Whole Grain Pancake Mix
Whole Wheat Pasta

Dried/Canned

Beans: Black, kidney, pinto, northern
Lentils: Red, green, brown
Fruits: Raisins, apricots, pineapples, strawberries, dates, figs, mangoes
With NO ADDED SUGARS/PRESERVATIVES
Nuts: Walnuts, cashews, almonds, pistachios AVOID
Roasted/Salted variety
Spices
Tomatoes: No added salt

Meat Substitutes

Meal-starter crumbles
Tempeh
TVP: Textured Vegetable Protein
Tofu
Seitan
Wheat Gluten

Milk Substitutes

(Watch for added Oils)
Almond Milk
Multi-Grain Milk
Oat Milk
Rice Milk
Soy Milk

Sweeteners

100% Agave Nectar
Honey
Maple Syrup
Molasses

Vinegars

Balsamic
Fruit
Oriental
Wine



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Kitchen Utensils

Baking Sheets/Pans/Casserole Dish
Blender/Cuisinart
Chopping/paring knives
Cutting board
Colander and Steamer
Non-stick pans/lids
Storage Containers (Pyrex, Tupperware, Ziploc bags)

Keep In Handy

In the Fridge

Cooked Brown Rice
Cooked Beans/Legumes
Hummus
Salad
Sliced Fruits and Vegetables

In the Freezer

Corn Tortillas
Fruits and Vegetables
E2 Approved Breads
Meat Substitutes: Boca Burgers, TVP
Crumbles, Veggie Dogs
*WATCH FAT/SODIUM CONTENT
Pita bread
Pizza Crusts