

Vegan Pantry Checklist

Stock your kitchen for any recipe

VeganPreps

About This Checklist

A well-stocked pantry means you can make most vegan recipes without a special trip to the store. This checklist covers the shelf-stable ingredients and fridge staples that show up in plant-based cooking again and again.

How to Use It

- Print and stick it on your fridge or inside a cabinet door
- Check off items you already have
- Buy the unchecked items over your next few grocery trips
- Replace items as you use them up

STORAGE TIP

Dry goods like rice, oats, flour, and lentils last 6–12 months in airtight containers. Canned goods last 1–2 years. Spices lose potency after about a year, so buy small quantities and replace as needed.

For recipes that use these pantry staples, visit veganpreps.com.

Pantry Checklist

Everything you need to cook most vegan recipes, organized by where you store it.

DRY GOODS

- | | |
|---|---|
| ☐ Rice (brown or white) | ☐ Flour (all-purpose or whole wheat) |
| ☐ Quinoa | ☐ Cornstarch |
| ☐ Oats (rolled or steel-cut) | ☐ Breadcrumbs (panko or regular) |
| ☐ Pasta (any shape) | ☐ Nutritional yeast |

CANNED GOODS

- | | |
|--|--|
| ☐ Coconut milk (full-fat) | ☐ Black beans |
| ☐ Diced tomatoes | ☐ Lentils |
| ☐ Tomato paste | ☐ Vegetable broth |
| ☐ Chickpeas | |

OILS & VINEGARS

- | | |
|--------------------------------------|---|
| ☐ Olive oil | ☐ Soy sauce |
| ☐ Coconut oil | ☐ Rice vinegar |
| ☐ Sesame oil | ☐ Balsamic vinegar |

SPICES

- | | |
|--|---|
| ☐ Turmeric | ☐ Cinnamon |
| ☐ Cumin | ☐ Ground ginger |
| ☐ Paprika (sweet) | ☐ Oregano |
| ☐ Garlic powder | ☐ Smoked paprika |
| ☐ Onion powder | ☐ Garam masala |
| ☐ Chili flakes | |

SWEETENERS & EXTRACTS

- | | |
|--------------------------------------|--|
| ☐ Maple syrup | ☐ Vanilla extract |
| ☐ Brown sugar | |

NUTS & SEEDS

- | | |
|--|-------------------------------------|
| ☐ Peanut butter (natural) | ☐ Walnuts |
| ☐ Tahini | ☐ Chia seeds |
| ☐ Almonds | ☐ Flax seeds |

FRIDGE STAPLES

- | | |
|--------------------------------------|---------------------------------------|
| ☐ Tofu (firm) | ☐ Vegan butter |
| ☐ Tempeh | ☐ Oat milk |
| ☐ Miso paste | ☐ Lemon juice |

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