

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

- | | |
|---|---|
| <input type="checkbox"/> Rice (brown or white) | <input type="checkbox"/> Flour (all-purpose or whole wheat) |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Cornstarch |
| <input type="checkbox"/> Oats (rolled or steel-cut) | <input type="checkbox"/> Breadcrumbs (panko or regular) |
| <input type="checkbox"/> Pasta (any shape) | <input type="checkbox"/> Nutritional yeast |

CANNED GOODS

- | | |
|--|--|
| <input type="checkbox"/> Coconut milk (full-fat) | <input type="checkbox"/> Black beans |
| <input type="checkbox"/> Diced tomatoes | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Tomato paste | <input type="checkbox"/> Vegetable broth |
| <input type="checkbox"/> Chickpeas | |

OILS & VINEGARS

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Soy sauce |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Rice vinegar |
| <input type="checkbox"/> Sesame oil | <input type="checkbox"/> Balsamic vinegar |

SPICES

- | | |
|--|---|
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Ground ginger |
| <input type="checkbox"/> Paprika (sweet) | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Smoked paprika |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Garam masala |
| <input type="checkbox"/> Chili flakes | |

SWEETENERS & EXTRACTS

- Maple syrup
- Brown sugar
- Vanilla extract

NUTS & SEEDS

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

FRIDGE STAPLES

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

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