



Vegan Pantry Organization Template

Busy Vegan Life | The Ultimate Pantry List for Quick Meal Prep

How to Use This Template

- Print & hang in your kitchen OR use digitally (fillable checkboxes).
- Mark what you already have stocked.
- Highlight what needs replenishing before grocery runs.
- Use categories to speed up **meal prep & shopping**.

Grains & Ancient Grains

- ☐ Brown rice
- ☐ White rice
- ☐ Quinoa
- ☐ Oats (rolled, steel-cut, quick)
- ☐ Farro
- ☐ Barley
- ☐ Couscous / bulgur
- ☐ Whole wheat pasta
- ☐ Gluten-free pasta
- ☐ Legume-based pasta (chickpea, lentil, black bean)

Legume Library

☐ Dried black beans

☐ Pinto beans

☐ Navy beans

☐ Kidney beans

☐ Canned beans (black, kidney, chickpeas, navy)

☐ Lentils (red, green, brown, French)

☐ Chickpeas (canned + dried)

☐ Split peas

Pro Tip: Buy in bulk (e.g., Thrive Market) for 25–50% savings.

Plant-Based Proteins

- ☐ Tofu (firm, silken)
- ☐ Tempeh
- ☐ Seitan
- ☐ Textured vegetable protein (TVP)
- ☐ Edamame (frozen or dried)
- ☐ Plant-based protein powder (smoothies, baking)

Nuts, Seeds & Healthy Fats

- ☐ Chia seeds
- ☐ Flaxseeds (ground preferred)
- ☐ Hemp seeds
- ☐ Walnuts
- ☐ Almonds
- ☐ Cashews

- ☐ Pumpkin seeds
- ☐ Sunflower seeds
- ☐ Nut butters (peanut, almond, cashew, sunflower)
- ☐ Tahini
- ☐ Coconut milk (canned for richness)
- ☐ Olive oil
- ☐ Avocado oil
- ☐ Coconut oil

Flavor Builders (Taste Makers)

Umami Boosters

- ☐ Nutritional yeast
- ☐ Miso paste
- ☐ Soy sauce / tamari / coconut aminos
- ☐ Vegetable broth powder / bouillon

Acid & Heat

- ☐ Apple cider vinegar
- ☐ Rice vinegar
- ☐ Balsamic vinegar
- ☐ Lemon juice (fresh or bottled)
- ☐ Mustards (Dijon, whole grain, yellow)
- ☐ Hot sauce varieties (sriracha, harissa, chipotle, etc.)

Spice Arsenal

- ☐ Cumin
- ☐ Smoked paprika
- ☐ Turmeric
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Italian seasoning
- ☐ Curry powder

☐ Chili flakes / red pepper flakes

☐ Black pepper

Canned & Jarred Goods

☐ Crushed tomatoes

☐ Tomato paste

☐ Marinara sauce

☐ Salsa

☐ Coconut milk

☐ Canned beans (as backup to dried)

Frozen Staples

☐ Frozen vegetables (broccoli, peas, spinach, mixed)

☐ Frozen fruit (berries, mango, bananas)

☐ Frozen whole-grain bread

☐ Frozen tofu / tempeh (backup proteins)

Shopping Notes

(Write down items to restock weekly)

Meal Prep Quick Picks

(List your go-to fast meals, e.g., "Lentil tacos, Tofu stir fry, Overnight oats")

Visit the <https://busyveganlife.com/> for useful tips and tricks to support you on your vegan journey.