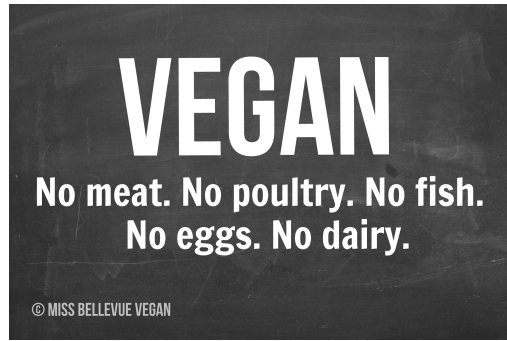


# What Does Miss Bellevue Vegan's Pantry and Fridge Look like?



## Nuts, Seeds, Beans, Legumes

- Raw Nuts – soaked prior to eating for better absorption
- Chia Seeds (whole and ground)
- Hemp Seeds (hulled/hearts)
- Flax Seeds (ground)
- Pumpkin Seeds/Pepitas
- Sunflower Seeds
- Lentils: brown, green and red
- Peas: black-eyed, green, yellow
- Beans: black, fava, adzuki, garbanzo, kidney – rinse well prior to eating

## Plant-Proteins

- Complete Smoothie mixes “shaker style” (Vega One and Vooluu)
- Pure Plant Protein (pea, brown rice, and hemp) – to blend into smoothies
- Amazing Grass Green Superfood

## Grains

- Quinoa (all colors)
- Buckwheat groats
- Teff
- Kamut
- Millet
- Rice Varieties: Wild, Brown, Jade
- Organic Oatmeal
- Brown Rice and Quinoa Pasta
- Sprouted wheat and brown rice organic natural bread
- Sprouted wheat and brown rice organic tortillas

## Unrefined Oils

- Coconut Oil, Hemp Oil, Olive Oil

## Odds & Ends, Staples, "Other" Goodies, Snacks

- Organic Diced + Sauce Tomatoes (can)
- Organic Canned Pumpkin
- Sea Veggies (seaweed, nori, kombi, kelp)
- Natural Nut & Seed Butters: almond, peanut, sunflower seed
- Nutritional Yeast
- Raw Coconut Flour
- Low-sodium, organic vegetable broth
- Organic vegan soups (Imagine Brand, Trader Joes, etc)
- "Clean Energy Bars" (minimal ingredients) ie: GoMacro, Amrita, ProBar, Bearded Brothers
- Guacamole (organic purchased or make at home)
- Salsa (organic purchased or make at home)
- Hummus (minimal ingredients if store bought or try making your own with chickpeas and tahini)
- Unsweetened, Carrageenan Free Plant Milks– Almond, Hemp, Flax, Coconut
- Coconut Aminos (vs. soy sauce)
- Sweeteners: Blackstrap Molasses, Coconut Nectar, Raw Coconut Flour, Maple Syrup  
Organic Stevia, Cacao Powder, Carob Powder
- Apple Cider Vinegar (drink 1 tbsp. daily)

## Spices

- Sea salt, pepper, garlic, cumin, cayenne, turmeric, curry, dill weed, oregano, rosemary, ginger, ground cloves, ground coriander, thyme, caraway, bay leaves, chili powder, cinnamon, anise seed.

## Vegetables & Fruit

- Avocados
- Kale, Spinach, Collard Greens, Mustard Greens
- Cauliflower, cabbage, broccoli, Brussels sprouts
- Lettuce varieties
- Carrots, yams, squash varieties, beets
- Wild mushrooms, Portobello
- Onions, garlic, Ginger Root
- Avocados
- Tomatoes
- Lemons and limes
- Low glycemic load fruits

## Drinks

- Water
- Green Matcha Tea
- Green Teas
- Herbal Teas
- Coconut Water
- Probiotic Drinks
- Kombucha