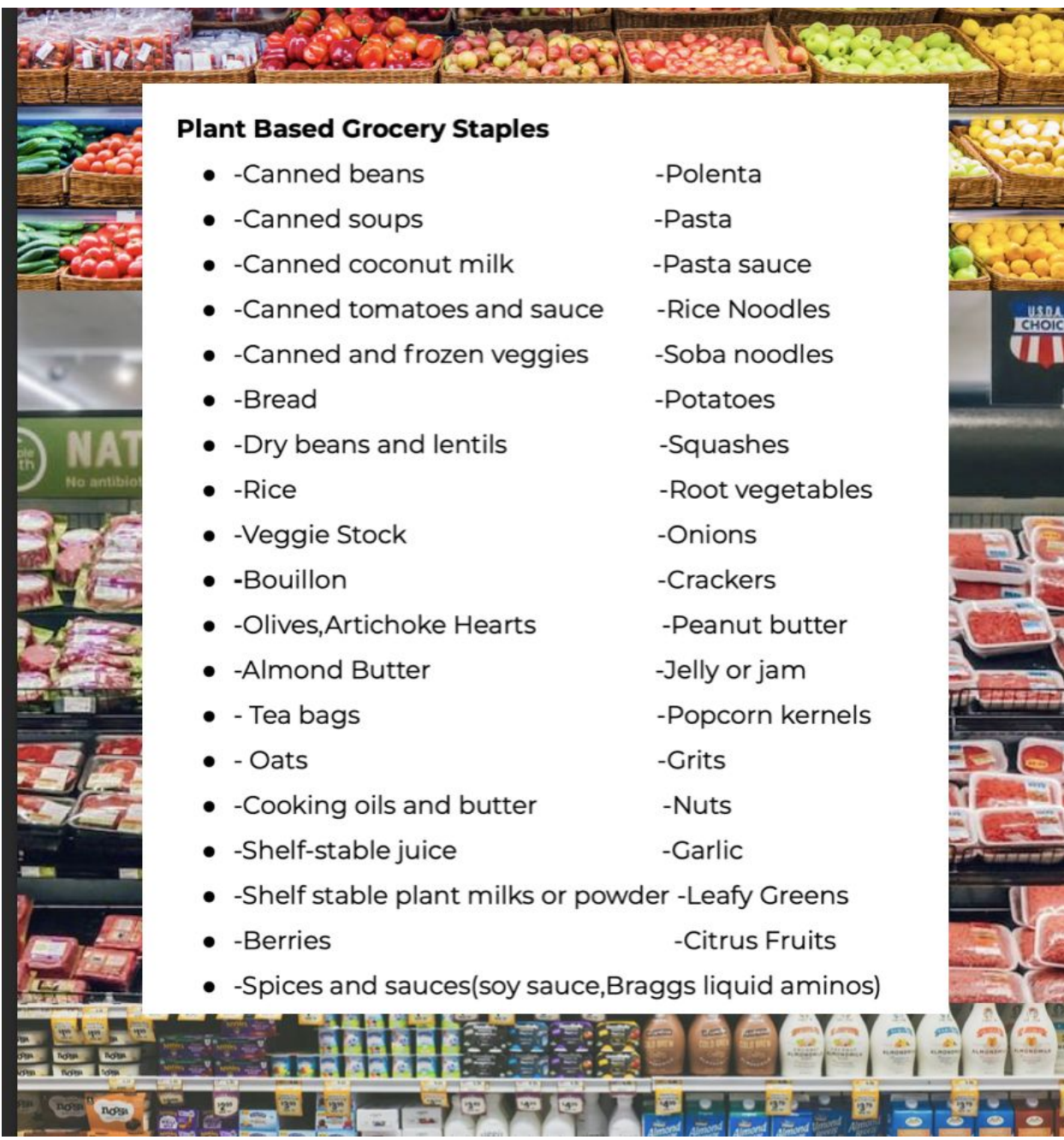




Plant Based Grocery Staples

- -Canned beans
- -Canned soups
- -Canned coconut milk
- -Canned tomatoes and sauce
- -Canned and frozen veggies
- -Bread
- -Dry beans and lentils
- -Rice
- -Veggie Stock
- -Bouillon
- -Olives,Artichoke Hearts
- -Almond Butter
- - Tea bags
- - Oats
- -Cooking oils and butter
- -Shelf-stable juice
- -Shelf stable plant milks or powder
- -Berries
- -Spices and sauces(soy sauce,Braggs liquid aminos)
- Polenta
- Pasta
- Pasta sauce
- Rice Noodles
- Soba noodles
- Potatoes
- Squashes
- Root vegetables
- Onions
- Crackers
- Peanut butter
- Jelly or jam
- Popcorn kernels
- Grits
- Nuts
- Garlic
- Leafy Greens
- Citrus Fruits