

Planet-Friendly Pantry List

Eat well. Live mindfully. Love the Earth.

This pantry list was created with sustainability, accessibility, and nourishment in mind. Each item supports both human and planetary health, focusing on whole, plant-based ingredients that are low-waste, affordable, and nutrient-rich. Perfect for anyone looking to align their plate with their values.

Curated by HerBalancedTable

Planet-Friendly Pantry List

Whole Plant-Based Staples

- Lentils (red, green, black)
- Chickpeas (dried or canned, no BPA lining)
- Black beans / Pinto beans
- Rolled oats
- Brown rice / Wild rice
- Quinoa (buy fair-trade when possible)
- Whole wheat or legume-based pasta
- Sweet potatoes
- Russet or red potatoes
- Popcorn kernels (DIY vs. bagged)

Seeds, Nuts & Healthy Fats

- Chia seeds
- Flaxseeds (ground)
- Pumpkin seeds (pepitas)
- Sunflower seeds
- Walnuts / Almonds / Cashews (buy in bulk if possible)
- Natural nut butters (minimal ingredients)
- Olive oil
- Avocado oil
- Coconut oil (for baking & body care)

Flours & Grains

- Whole wheat flour
- Almond or oat flour (for gluten-free options)
- Cornmeal / Polenta
- Bulgur
- Farro
- Millet

Planet-Friendly Pantry List

Flavorful Add-Ins

- Apple cider vinegar (with the 'mother')
- Tamari / Coconut aminos
- Nutritional yeast (B-vitamin boost!)
- Canned tomatoes or tomato paste
- Miso paste (probiotic + umami flavor)
- Low-sodium vegetable broth (or DIY from scraps)
- Fresh or dried herbs & spices
- Garlic & onion (long-lasting essentials)

Fermented & Gut-Friendly Goods

- Sauerkraut (raw, refrigerated = probiotic!)
- Kimchi
- Plain yogurt (plant-based or dairy, minimal packaging)
- Tempeh / Tofu
- Pickled veggies (bonus if made at home)

Extras for Energy & Joy

- 70%+ dark chocolate
- Herbal teas (loose leaf preferred)
- Dates / Dried fruit (in moderation)
- Local honey or maple syrup
- Cacao powder