



FREE DOWNLOAD

The Smart Kitchen Grocery List

Everything to keep on hand so healthy choices are quick and easy.

FRUITS & VEGGIES *fresh, frozen, or canned*

- | | |
|---|--|
| <input type="checkbox"/> Leafy greens | <input type="checkbox"/> Broccoli, cabbage, or cauliflower |
| <input type="checkbox"/> Sweet potatoes — purple + orange | <input type="checkbox"/> Organic apples |
| <input type="checkbox"/> Avocados | <input type="checkbox"/> Garlic + yellow onion |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Organic canned tomatoes |
| <input type="checkbox"/> Whatever's in season | <input type="checkbox"/> Fresh or frozen berries |

WHOLE GRAINS

- | | |
|---|---|
| <input type="checkbox"/> Brown or black rice | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Organic steel cut or rolled oats | <input type="checkbox"/> Frozen Ezekiel tortillas |
| <input type="checkbox"/> Whole grain pasta + bread | <input type="checkbox"/> Pre-cooked brown rice (TJ's) |

BEANS & LEGUMES

- | | |
|---|--|
| <input type="checkbox"/> Canned chickpeas + black beans | <input type="checkbox"/> Hummus |
| <input type="checkbox"/> Great northern white beans | <input type="checkbox"/> Dry or pre-cooked lentils |
| <input type="checkbox"/> Fresh or frozen edamame, shelled | <input type="checkbox"/> Tofu or tempeh |

NUTS & SEEDS

- | | |
|---|--|
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Chia seeds |
| <input type="checkbox"/> Ground flaxseed meal | <input type="checkbox"/> Nut butter — almond or peanut |

SPICES + FLAVOR BUILDERS

- | | |
|--|--|
| <input type="checkbox"/> Turmeric, cumin, smoked paprika, cinnamon | <input type="checkbox"/> Miso |
| <input type="checkbox"/> Nutritional yeast | <input type="checkbox"/> Tahini |
| <input type="checkbox"/> Dijon mustard | <input type="checkbox"/> Fresh garlic + ginger |

COOKING ESSENTIALS

*Extra virgin olive oil · low-sodium vegetable broth · tamari or soy sauce · apple cider vinegar
Unsweetened plant milk — soy + chickpea have the most protein*



WHAT TO MAKE WITH IT

5 No-Recipe Meals From Your Grocery List

No special ingredients. No complicated steps. Just your stocked kitchen doing its thing.

The Grain Bowl

10 MIN

Leftover grain + any beans or cubed tofu + whatever vegetables you have + tahini thinned with lemon and a splash of water. Season, done. This is the meal that gets made most often.

brown rice or quinoa beans or tofu any vegetables tahini + lemon

Lentil Soup Situation

25 MIN

Sauté onion and garlic, add red lentils, canned tomatoes, broth, and cumin. Simmer until soft. Finish with a squeeze of lemon. Makes four servings and freezes perfectly.

red lentils canned tomatoes vegetable broth cumin + lemon

Black Bean Tacos

12 MIN

Warm black beans with cumin and smoked paprika. Pile into corn tortillas with sliced avocado, lime juice, and whatever greens are in the fridge. Zero effort. Always satisfying.

black beans corn tortillas avocado smoked paprika

Maple Roasted Sweet Potatoes + Chickpeas

35 MIN

Toss cubed sweet potato and chickpeas with olive oil, maple syrup, and cinnamon. Roast at 425°F until caramelized on the edges. Serve over greens or any grain. The crispy chickpeas are everything.

sweet potatoes chickpeas maple syrup + cinnamon greens or grain

Miso Noodle Bowl

15 MIN

Cook any pasta or noodle. Whisk tamari, tahini, and hot water into a quick sauce. Toss noodles in the sauce, add frozen edamame (just run under hot water), and scallions if you have them.

whole grain pasta tahini + tamari frozen edamame scallions



The recipes I actually make.

Simple, whole, and worth repeating.
pigsaresmart.com/plant-based-recipes

[Come cook with me >](#)

