

Plant-Powered Winter Pantry

A one-page checklist for warm, balanced, budget-friendly meals.

THE SIMPLE BOWL FORMULA

**Grain + bean + 2 vegetables
+ sauce + fresh finish**

Mix the pieces. Keep the week flexible.

1 STOCK THE FOUNDATION

- ☐ Whole grains: brown rice, quinoa, oats, barley or whole-grain pasta
- ☐ Legumes: lentils, chickpeas, black beans and kidney beans
- ☐ Long-keeping produce: sweet potatoes, carrots, cabbage, onions and winter squash
- ☐ Frozen helpers: kale, collards, broccoli, peas, berries and mixed vegetables
- ☐ Flavor builders: garlic, ginger, citrus, herbs, spices and low-sodium broth
- ☐ Finishing staples: tahini, seeds, nutritional yeast and unsweetened plant milk

2 PREP ONCE, EAT WITH EASE

- ☐ Cook one grain and one bean or lentil for the next three days.
- ☐ Roast a sheet pan of vegetables while a soup or stew simmers.
- ☐ Blend one versatile sauce: maple tahini, chimichurri or lemon herb.
- ☐ Cool leftovers promptly, label them and refrigerate in shallow containers.

3 FIVE WARMING MEAL IDEAS

- ☐ Three-bean chili with quinoa and sauteed greens
- ☐ Chickpea curry with brown rice and roasted cauliflower
- ☐ Lentil vegetable soup with kale and whole-grain toast
- ☐ Roasted vegetable grain bowl with maple tahini sauce
- ☐ Mushroom stew with sweet potato and steamed cabbage

4 LET THE SEASON SUPPORT YOU

- ☐ Keep water and unsweetened warm tea visible; thirst can feel quieter in cool weather.
- ☐ Use frozen produce when fresh options cost more. It is convenient and reduces waste.
- ☐ Pair iron-rich beans and greens with vitamin C foods such as citrus or bell pepper.
- ☐ Build meals around nourishment and consistency, not restriction or perfection.

PLANT-BASED NUTRITION NOTE

Unfortified plant foods do not reliably provide vitamin B12. Include fortified foods or an appropriate supplement, and discuss individual needs with a qualified health professional.

THIS WEEK'S ACTION

**Choose one grain, one legume
and three vegetables today.**

That is enough to begin a nourishing week.