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Raw Vegan Staple Foods

Raw food “staples” to keep in stock at all times.

- So you're ready to make a good dressing.
- So you have healthy foods ready to eat in a pinch.
- So you can create new recipes.
- So you have a variety of ingredients to keep you happy and prevent boredom.
- So you have an array of flavors to keep recipes interesting.



Keep in mind these are *additions* to an abundant fruit and vegetable lifestyle. They are helpers to make the lifestyle even more enjoyable.

Foods such as nutritional yeast, maple syrup, protein powder, etc., are not recommended by all raw food teachers, but they are widely accepted unless you're following a very strict regime such as Natural Hygiene.

They're simply suggestions (for the items that resonate) to help you on your journey to eating a raw vegan diet in a more fun and accessible way:

- Nutritional Yeast
- Organic Raisins, Dates, Goji Berries, or Dried Fruit
- Buckwheat for Cereal or Crackers
- Maple Syrup
- Apple Cider Vinegar
- Organic, Cold-Pressed Olive Oil (for those that use a small amount, many raw foodists don't consume oil)
- Sprouted Oats
- Chia Seeds



- Flax Seeds
- Hemp Seeds
- Miso Paste
- Raw Vegan Protein Powder
- Dates
- Raw Nut Butter
- Frozen Organic Fruit
- Coconut Wraps
- Raw Nori Wraps
- Sprouts and Micro-Green Seeds
- Raw Nuts - Soaked and Dehydrated
- Raw Wraps (such as Wrawp brand on Amazon)
- Raw Tahini (for dressings)
- Organic, Unsalted Mustard
- Dried Herbs (like chives and dill)
- Spices (like onion, cumin, smoked paprika, and garlic powder)
- [Wild Rice](#) to soak and "bloom"

