



October 7, 2025

Pantry Staples to Make Plant-Based Eating Simple!



Hi yall!

When I first started cooking for myself, dinner usually meant takeout (I really liked thin crust Pizza Hut pizza with veggies and no cheese!) or whatever I could throw together between work, errands, and a late-night grocery run—think ramen noodles and peanut butter sandwiches. (Sound familiar?)

Later, between soccer practice, homework, and trying to get everyone to eat something green, I've learned that a well-stocked pantry is the secret to staying sane *and* serving food that actually fuels you.

A few simple plant-based staples make meals faster, cheaper, and way more nourishing than takeout—without needing an extra hour in

the kitchen.

▣ **My 5 Pantry Staples:**

1. Beans & Lentils – protein builders for soups, chili, or tacos

2. Whole Grains – rice, oats, or quinoa keep you full

3. Nuts & Seeds – add crunch, make dressings, or blend into sauces

4. Frozen Veggies – lifesavers when fresh runs out

5. Flavor Boosters – garlic powder, smoked paprika, nutritional yeast, soy sauce

▣ **Pro Tip: Pick one from each category, and you've got dinner.**

▣ **Nutrition Spotlight:** Beans + grains together give you all 9 essential amino acids. One bowl of this chili offers about 14g protein, 10g fiber, and nearly half your daily iron needs.

Keep your pantry stocked, and you'll never feel stuck.

OCTOBER HIGHLIGHTS

This month's new recipes!

We've been busy in the kitchen to come up with fall cozy yumminess for yall!

We love chili!

Beans & Mushrooms

Nothing beats a pot of bean chili —hearty, cozy, and downright delicious. Packed with protein, fiber, and flavor, it'll warm your belly and keep you healthy.



Mac & Cheese

Butternut Squash & macaroni

Creamy butternut squash sauce over macaroni is comfort in a bowl—rich, cozy, and dairy-free. Full of vitamins and fiber, it's tasty goodness your body loves.



Beans & Squash Benefits



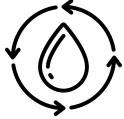
Boosts immune



Energizers

system

Beans deliver zinc, iron, and protein, while squash adds vitamin A, vitamin C, and antioxidants. All keep your immune system alert and ready, strengthening your body's defenses.



Supply of Protein

A cup of beans has 15 grams of protein, while the same amount of chicken is closer to 40 grams. But beans also bring fiber, folate, and antioxidants to the table—nutrients that support long-term health and aren't found in chicken.

Beans are an excellent source of iron, which is essential for carrying oxygen in your blood and storing it in your muscles. When levels drop, your whole system slows down—leaving you drained and run down



Improves your digestion

One cup of beans delivers about 12–15 grams of fiber. A cup of squash adds another 6–7 grams. Their soluble fiber keeps digestion steady, feeds healthy gut bacteria, and supports overall gut health.

If you ever have any questions or would like me to plant-base a recipe for you, just reply right here to this email!

Stay Sunny!
jennykate



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