

# VEGAN GROCERY LIST

## FRUIT

- Bananas
- Apples
- Pears
- Berries: strawberries, blackberries, blueberries, raspberries.
- Watermelon
- Pineapple
- Oranges
- Lemons and limes
- Peaches, nectarines
- Cherries
- Plums
- Cantaloupe or honeydew melon
- Mango
- Dried fruits: medjool dates, raisins, cranberries, cherries, whatever else you like.

## VEGETABLES

- Lettuces - romaine, spinach, kale, arugula and other leafy lettuces.
- Cruciferous veggies, such as broccoli, cauliflower, Brussels sprouts and cabbage.
- Zucchini
- Cucumbers
- Asparagus
- Tomatoes
- Bell peppers
- Carrots, whole and baby carrots
- Celery
- Avocado
- Onions
- Mushrooms
- Garlic, ginger
- Sweet potatoes
- White/yellow potatoes
- Eggplant
- Butternut or acorn squash
- Green beans, snap peas, green peas

## FROZEN FRUITS & VEGETABLES

- Blueberries
- Mango
- Cherries
- Green peas
- Mixed veggies
- Broccoli
- Cauliflower or cauliflower rice
- Corn
- Green beans
- Edamame

## BEANS & LEGUMES

- Chickpeas
- Black beans
- Pinto beans
- Refried beans
- Lentils - red and green or brown
- Split peas
- Kidney beans
- Hummus

## HIGH PROTEIN FOODS

- Tofu, mostly firm or extra firm
- Tofurky deli slices
- Tempeh
- Seitan
- Soy Curls
- TVP
- Gardein vegan chicken nuggets, vegan meatballs, etc.
- Field Roast sausages
- Impossible or beyond meat products
- Protein powder, not necessary

## NUTS & SEEDS

- Cashews
- Almonds
- Pecans
- Walnuts
- Sunflower seeds, hemp seeds, chia seeds, flax seeds, pumpkin seeds, sesame seeds.
- Peanut butter or almond butter
- Tahini

## GRAINS & BREAD

- Bread - just check the ingredients to make sure it's vegan.
- Bagels
- Pasta - most varieties are already vegan except for egg pasta.
- Tortillas, corn or wheat.
- All purpose flour, whole wheat flour, buckwheat flour, almond flour, etc.
- Brown and white rice
- Quinoa
- Rolled or steel cut oats

## DAIRY & EGG ALTERNATIVES

- Soy, almond, cashew, coconut, hemp or oat milk.
- Vegan coffee creamer, I like Silk Plain.
- Vegan Mayo
- Just Egg
- Vegan sour cream
- Vegan cream cheese
- Vegan cheese shreds and slices
- Vegan butter
- Vegan ice cream

## PANTRY STAPLES

- Tomato products - tomato paste, diced tomatoes, tomato sauce
- Vegan marinara
- Canned pumpkin
- Ketchup
- Mustard
- Balsamic vinegar, apple cider vinegar, rice vinegar
- Jams and jellies
- Maple syrup
- Salsa
- Sriracha hot sauce
- Nutritional yeast
- Instant yeast
- Olive oil, coconut oil, cooking spray
- Molasses, agave, organic sugar
- Coconut milk, canned
- Red curry, green curry paste
- Soy sauce or tamari
- Baking powder, baking soda, salt
- Cornstarch or arrowroot
- Vanilla extract

## SPECIALTY ITEMS

- Kappa Carageenan
- Agar agar
- Tapioca flour or starch
- Cocoa butter
- Coconut milk powder
- Vital wheat gluten

## CONVENIENCE FOOD

- Amy's non-dairy burritos
- Gardein vegan meals, nuggets
- Vegan boxed Mac and cheese
- Daiya frozen pizzas
- Vegan protein bars, larabars, granola bars
- Dark chocolate
- Amy's canned soups (some are vegan)
- Frozen waffles that are vegan
- Tortilla chips
- Many other chips are vegan
- Vegan friendly crackers
- Vegan jerky
- Veggie sticks
- Hippeas snacks

## SPICES & HERBS

- Basil
- Oregano
- Fennel
- Chili powder
- Curry powder
- Cumin
- Turmeric
- Garlic and onion powder
- Ginger
- Cinnamon
- Nutmeg
- Red pepper flakes
- Cayenne pepper
- Coriander
- Cloves
- Thyme
- Rosemary
- Dill
- Black pepper
- Garam masala
- Sumac