



Vegan Grocery List

Fresh Vegetables

- Artichokes
- Arugula
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Green Beans
- Leeks
- Lettuce
- Mushrooms
- Onions
- Parsnip
- Potatoes
- Pumpkin
- Peppers
- Radishes
- Spinach
- Sweet Potatoes
- Squash
- Turnips
- Yams

FRUIT

- Apples
- Apricots
- Avocados
- Bananas
- Blueberries
- Dates
- Figs
- Grapes
- Grapefruit
- Honeydew Melon
- Kiwi
- Lemons
- Limes
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries
- Tomatoes
- Watermelon

FRESH Herbs

- Basil
- Chives
- Cilantro
- Dill
- Garlic
- Ginger
- Marjoram
- Mint
- Oregano
- Parsley
- Sage
- Thyme

Canned Vegetables

- Artichokes
- Carrots
- Corn
- Green Beans
- Diced Tomatoes
- Mushrooms
- Peas
- Pureed Pumpkin
- Ratatouille

Canned Fruit

- Apple Slices
- Apricots
- Cherries
- Fruit Cocktail
- Grapefruit Slices
- Jackfruit
- Mandarin Oranges
- Mango Slices
- Olives
- Peaches
- Pears
- Pineapple
- Prunes

Frozen Fruit and Vegetables

- Blueberries
- Broccoli
- Carrots
- Cauliflower
- Cauliflower Rice
- Corn

- Edamame
- Green Beans
- Hash Browns
- Peaches
- Peas
- Pineapple

- Potatoes
- Smoothie Kits
- Spinach
- Squash
- Strawberries

Legumes

- Baked Beans
- Black beans
- Chickpeas/Garbanzos
- Fava Beans

- Great Northern
- Kidney Beans
- Lentils
- lime beans

- Navy Beans/ Haricot Beans
- Pinto Beans
- Soy Beans
- Split Peas

Pantry Staples

- Agave Syrup
- Almond Butter
- Apple Cider Vinegar
- Cocoa Powder
- Coconut Oil
- Coconut Milk
- Dried Fruits
- Hot Sauce
- Olive Oil
- Maple Syrup
- Miso
- Nutritional Yeast

- Pasta
- Peanut Butter
- Pesto
- Rice
- Risotto Rice
- Sea Salt
- Tamari Sauce
- Sundried Tomatoes
- Tahini
- Tomato Paste
- Vegan Mayonnaise
- Vegetable Stock

Vegan Proteins

- Seitan
- Tempeh
- Tofu
- Mock Meats
- Vegan Burgers



Plant Based Milks

- Almond Milk
- Cashew Milk
- Coconut Milk
- Oat Milk
- Soy Milk

Nuts & SEEDS

- Almonds
- Cashews
- Chia Seeds
- Ground Flax Seeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts

- Peanuts
- Pecans
- Pumpkin Seeds
- Pine Nuts
- Pistachios
- Sesame Seeds
- Sunflower Seeds



Breads

- French Bread
- Pita Bread
- Sourdough Bread
- Whole wheat bread

GRAINS & Grain substitutes

- Almond Flour
- Basmati Rice
- Black Rice
- Bulgar Wheat
- Chickpea Flour
- Couscous

- Farro
- Pearl Barley
- Quinoa
- Spelt Flour
- Whole Wheat Flour



Dairy Substitutes

- Vegan Butter / Margarine
- Vegan Cheddar or Mozzarella Shreds
- Vegan Cream Cheese
- Coconut Ice Cream
- Coconut Yogurt
- Soy Yogurt
- Vegan Cheddar
- Vegan Sour Cream



Ingredients That Are Non Vegan

Look for these on food labels!

- Castoreum
- Casein
- Whey
- Lactose
- Lactic Acid
- Gelatin
- Beeswax
- Confectioner's Glaze
- Cochineal or Carmine
- L.cystein (can be vegan or non vegan)
- Oleic Acid
- Lard
- Honey
- Isinglass (in beer and wine)
- Omega 3 Fatty Acids