

The Ultimate Vegan Shopping List

Vegetables

- o Asparagus
- o Broccoli
- o Brussels Sprouts
- o Carrots
- o Cauliflower
- o Celery
- o Collard Greens
- o Corn
- o Cucumbers
- o Escarole
- o Frozen Variety
- o Green Beans
- o Kale
- o Mushrooms
- o Onions
- o Peas
- o Peppers
- o Potatoes
- o Romaine Lettuce
- o Spinach
- o Squash
- o Sweet Potatoes
- o Swiss Chard
- o Tomatoes
- o Yams
- o Zucchini

Fruits

- o Avocado
- o Bananas
- o Blackberries
- o Blueberries
- o Cherries
- o Figs
- o Frozen Variety
- o Grapefruit
- o Lemons
- o Limes
- o Kiwi
- o Nectarines
- o Oranges
- o Peaches
- o Pineapple
- o Raspberries
- o Watermelon

Whole Grains

- o Barley
- o Brown Rice
- o Farro
- o Oats
- o Quinoa
- o Sprouted Grain Bread
- o Whole Wheat Couscous
- o Whole Wheat / Brown Rice Pasta

Nuts & Seeds

- o Almonds
- o Almond Butter
- o Almond Meal
- o Cashews
- o Flaxseed
- o Flaxseed Oil
- o Peanut Butter
- o Pumpkin Seeds
- o Sunflower Seeds
- o Walnuts

Condiments & Liquids

- o Apple Cider Vinegar
- o Balsamic Vinegar
- o Coconut Oil
- o Cooking Spray
- o Earth Balance Butter
- o Hummus
- o Mustard
- o Non-Dairy Milk
- o Olive Oil
- o Sesame Oil
- o Salsa
- o Tahini
- o Tomato Paste
- o Vegetable Stock
- o White Vinegar

Superfoods

- o Acai Smoothie Packs
- o Acai Powder
- o Cacao Nibs
- o Chia Seeds

Baking Needs

- o Unsweetened Applesauce
- o Baking Powder
- o Baking Soda
- o Brown Sugar
- o Cacao Powder
- o Coconut Milk (Full Fat)
- o Ground Flaxseed
- o Dark Chocolate Chips
- o Turbinado Raw Cane Sugar
- o Unsweetened Cocoa Powder
- o Vanilla Extract
- o Whole Wheat Flour

Beans/Legumes

- o Black Beans
- o Butter Beans
- o Chickpeas
- o Edamame
- o Kidney Beans
- o Lentils
- o Pink Beans
- o Tempeh
- o Tofu

Spices & Herbs

- o Black Pepper
- o Basil (fresh and dry)
- o Cayenne
- o Chili Powder
- o Cinnamon
- o Curry Powder
- o Crushed Red Pepper
- o Garlic (fresh)
- o Garlic Powder
- o Ginger (fresh and dry)
- o Oregano
- o Rosemary (fresh and dry)
- o Sea Salt
- o Turmeric

Sweeteners

- o Agave Nectar
- o Medjool Dates
- o Pure Maple Syrup