Vegan Shopping List

The Pantry

- **Whole wheat pasta, 100% whole grain**
- **Brown Rice**
- **Lentils, Green, Red & others**
- **Dried or Canned Beans, such as black, white, kidney, pinto, soy, garbanzo**
- **Split Peas, Back eyed peas**
- **Barley, hulled it healthier but pearled is okay**
- **Other Grains such as millet, bulgur wheat, spelt, farro**
- **Cornmeal**
- **Whole wheat Couscous**
- **Whole grain cereals such as Wheaties or Grape Nuts**
- **Oatmeal**
- **Spaghetti Sauce**
- **Vegetable broth**
- **Oils: Canola, Olive, Safflower (use sparingly)**
- **Vinegar: balsamic, red wine, cider, rice, etc.**
- **Canned soups: black bean, lentil, No Chicken Noodle Soup by Amy's, vegetarian chili, tomato, etc.**
- **Canned goods: tomato paste, diced tomatoes, green chilies, pure pumpkin puree, etc**
- **Coconut Milk**
- **Honey & Agave Nectar**
- **Peanut butter, natural, low sugar**
- **Cooking Sherry or wine**
- **Jarred Spaghetti sauce (read the ingredients carefully)**
- **Natural peanut butter or almond butter**

- **Whole wheat breadcrumbs**
- **Thickener: Corn starch, tapioca starch, guar gum, etc.**
- **Brown sugar**
- **Raw or turbinado sugar**
- **Spices & fresh herbs: garlic, cumin, curry powder, paprika, chili powder, basil, thyme, oregano, etc.**
- **Whole wheat flour (store in freezer)**
- **Flax seeds, whole**
- **Chia Seeds**
- **Raisins, dried fruits**
- **Nuts: cashews, almonds, pecans, pine, walnuts, etc. (raw is healthier)(use sparingly to reduce fat)**
- **Seeds: sunflower, sesame (use sparingly to reduce fat)**
- **Popcorn (Smart Balance uses a non-dairy butter)**
- **Granola bars such as Lara Bars (read labels carefully)**
- **Nutritional Yeast (Whole Foods or online)**
- **TVP -textured vegetable protein- (Bob's Red Mills)**
- **Salsa (read the label carefully)**
- **EnerG Egg replacer**

The Refrigerator

- **Non-dairy milk (soy, almond, or rice)**
- **Orange Juice or other 100% fruit juice or nectar**
- **Non-dairy creamer**
- **Vegan butter such as Earth Balance or Smart Balance (use sparingly to reduce fat)**
- **Pure maple syrup (refrigerate after opening)**
- **Jam (check for low sugar) (no jelly because contains gelatin)**
- **Whole wheat bread (I store bread in the refrigerator or freezer)**
- **Whole wheat English muffins**
- **Vegan cream cheese such as Tofutti**
- **Vegan yogurt such as Whole Soy & Co. or Silk**
- **Tofu (firm or silken)**

- **Whole wheat tortillas (can be frozen)**
- **Lemon & lime juice**
- **Soy sauce low sodium or Braggs Liquid Aminos**
- **Mustard**
- **Miso Paste (mellow miso is used for miso soup)**
- **Almond butter**
- **Minced Ginger**
- **Molasses**
- **Curry paste**
- **Hummus**
- **Dairy free Pesto sauce**
- **Salad Dressing, dairy free**
- **Vegan cheese such as Daiya**
- **Vegenaise (vegan mayonnaise)**
- **Vegan meats such as Tofurkey turkey slices or marinated tempeh, sausage, etc.**
- **Seitan (wheat gluten based vegan meat)**

Fresh Produce

- **Lemons**
- **Limes**
- **Garlic**
- **Ginger root**
- **Fresh herbs**
- **Fruit: apples, oranges, pears, melons, grapes, berries, bananas, plums, peaches, mangoes, grapefruit, pineapple, kiwi, papaya, dates, figs, etc.**
- **Dried Fruits**
- **Vegetables: lettuce, cucumbers, celery, asparagus, squash, brussel sprouts, broccoli, cauliflower, leafy greens, carrots, beets, green beans, cabbage, eggplant, etc.**
- **Potatoes**
- **Sweet potatoes**

- **Onions, green onions and shallots**
- **Tomatoes**

The Freezer

- **Frozen, pre-made Burritos, dairy & meat free, such as Amy's Black Bean burritos, Indian Spinach Tofu wraps, Breakfast burrito or Teriyaki wrap**
- **Vegan chicken patties and nuggets such as Boca Original**
- **Dairy free waffles such as Van's Blueberry waffles**
- **Frozen berries**
- **Frozen vegetables**
- **Frozen meal starters**
- **Meatless meatballs such as Trader Joe's or Boca**
- **Pizza, no cheese or soy cheese, such as Amy's or Trader Joe's**
- **Frozen vegan burgers such as Boca or Morningstar Vegan Grillers or Trader Joe's Masala Burgers**
- **Dairy free ice cream**
- **Frozen fruit pops**