

# Vegan Shopping List

## PROTEINS

### DRY

- Beans (canned or dry)
- Chick peas
- Lentils
- Split peas
- TVP

### REFRIGERATED

- Tofu
- Seitan
- Tempeh
- Mock meats

**Tip:** When buying mock meats, look for non-gmo and organic options.

## CARBS

- Whole-grain bread
- Tortillas
- Brown rice
- Pastas
- Quinoa

- Couscous
- Oats
- Breakfast cereals
- Potatoes
- Other grains (buckwheat, teff, kasha, etc.)

## VEGETABLES

### ALL YEAR

- Carrots
- Celery
- Mushrooms
- Parsnips
- Peas
- Corn
- Onions
- Garlic

### SPRING/SUMMER

- Peppers
- Zucchini
- Cucumbers
- Eggplant
- Green beans
- Tomatoes
- Radishes

### FALL/WINTER

- Squash
- Turnips
- Cauliflower
- Beets

**Tip:** Aim for as much color as possible.

## GREENS

### ALL YEAR

- Cabbage
- Broccoli
- Frozen spinach
- Collard greens

### SPRING/SUMMER

- Asparagus
- Fresh spinach
- Chard
- Watercress
- Lettuce

### FALL/WINTER

- Kale
- Endive
- Brussels sprouts
- Beet greens
- Escarole
- Mustard greens

## FRUITS

### ALL YEAR

- All Year
- Bananas
- Oranges
- Apples
- Dates
- Frozen berries

### SPRING/SUMMER

- Plums
- Apricots
- Peaches
- Cherries
- Fresh berries
- Mango
- Melon
- Nectarines

### FALL/WINTER

- Clementine
- Grapefruits
- Kiwis
- Pomegranates
- Pears
- Dried fruit

## FATS

- Avocados
- Nuts (almonds, walnuts, cashews, etc.)
- Seeds (sesame, flax, sunflower, pepitas, hemp, chia, etc.)
- Olives

**Tip:** Put seeds on salads and nuts on cereal to get your Omega 3.

## Staples:

### Everyday Items

- Plant milk
- Nut butter
- Cooking oil
- Olive oil or other oil for salad
- Apple cider vinegar
- Balsamic vinegar
- Lemon juice
- Liquid aminos and/or soy sauce
- Nutritional yeast
- Condiments (ketchup, mayo, mustard, etc.)

### Cooking

- Tomato sauce
- Canned tomatoes
- Coconut milk
- Veggie broth or bouillon
- Iodize salt or high-iodine mineral salt

### Baking

- Flours
- Sweeteners (Sugar, maple syrup, agave nectar, etc.)
- Flax seed meal
- Chocolate and/or cocoa powder
- Baking powder and soda

### Herbs and Spices

- Garlic powder
- Onion powder
- Parsley
- Basil
- Oregano
- Chili powder
- Coriander
- Cumin
- Turmeric
- Curry powder
- Sage
- Rosemary
- Ginger
- Cinnamon
- Liquid smoke (for vegan cheese)
- Dill
- Bay leaves
- Marjoram