

Vegan Grocery List



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This can be adapted to your preference. (GF= Gluten Free)

Protein

Dry

- | | |
|--|---|
| <input type="checkbox"/> Beans (Black and Pinto) | <input type="checkbox"/> Vegan Protein Powder |
| <input type="checkbox"/> Chickpeas (canned) | <input type="checkbox"/> |
| <input type="checkbox"/> Lentils | <input type="checkbox"/> |
| <input type="checkbox"/> TVP | <input type="checkbox"/> |

Frozen

- | | |
|--|--------------------------|
| <input type="checkbox"/> Gardein Products | <input type="checkbox"/> |
| <input type="checkbox"/> Morningstar Vegan Burgers | <input type="checkbox"/> |
| <input type="checkbox"/> Boca Vegan Burgers | <input type="checkbox"/> |
| <input type="checkbox"/> So Delicious Ice Cream | <input type="checkbox"/> |

Refrigerated

- | | |
|---|---|
| <input type="checkbox"/> Tofurky Deli Slices | <input type="checkbox"/> Unsweetened Almond Milk |
| <input type="checkbox"/> Diaya Cheese | <input type="checkbox"/> Earth Balance Butter |
| <input type="checkbox"/> Silk Yogurt | <input type="checkbox"/> Tofu (Silken and Extra Firm) |
| <input type="checkbox"/> Tofutti Cream Cheese | <input type="checkbox"/> Tofutti Sour Cream |
| <input type="checkbox"/> Silk brand Milk | <input type="checkbox"/> Tempeh |

Carbs

- | | |
|--|---|
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Sweet potatoes |
| <input type="checkbox"/> Wheat/Spinach tortillas | <input type="checkbox"/> |
| <input type="checkbox"/> Old Fashioned Oats | <input type="checkbox"/> |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Vegetables

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Peppers |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Kale & Spinach |
| <input type="checkbox"/> Peas | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Cilantro & Parsley |

Fruits

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Bananas (LOTS) | <input type="checkbox"/> Mangos |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Dried Fruit |
| <input type="checkbox"/> Apples | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Frozen Berries | <input type="checkbox"/> Avocado |

Nuts/Seeds/Fats

- | | |
|---|---|
| <input type="checkbox"/> Almond Butter | <input type="checkbox"/> Sesame Seeds |
| <input type="checkbox"/> Raw Almonds | <input type="checkbox"/> Coconut oil |
| <input type="checkbox"/> Raw Walnuts | <input type="checkbox"/> Olive oil |
| <input type="checkbox"/> Raw Pecans | <input type="checkbox"/> Olives (Green and Black) |
| <input type="checkbox"/> Raw Cashews (LOTS) | <input type="checkbox"/> |
| <input type="checkbox"/> Pecan Meal | <input type="checkbox"/> |
| <input type="checkbox"/> Ground Flax Seed | <input type="checkbox"/> |
| <input type="checkbox"/> Chia Seed | <input type="checkbox"/> |
| <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> |
| <input type="checkbox"/> Pepitas | <input type="checkbox"/> |

Necessary Items

Baking Items

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| <input type="checkbox"/> Flours or GF Flours | <input type="checkbox"/> Cocoa Powder |
| <input type="checkbox"/> Vegan Sugar | <input type="checkbox"/> Baking Powder (Double Action) |
| <input type="checkbox"/> Maple Syrup | <input type="checkbox"/> Baking Soda |
| <input type="checkbox"/> Agave Syrup | <input type="checkbox"/> Xanthan (For GF cooking) |

Cooking Items

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|--|--------------------------|
| <input type="checkbox"/> Tomato Sauce | <input type="checkbox"/> |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> |
| <input type="checkbox"/> Lemon juice | <input type="checkbox"/> |
| <input type="checkbox"/> Canned tomatoes | <input type="checkbox"/> |

Sauces/Dressings

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| <input type="checkbox"/> Soy Sauce (Tamari for GF) | <input type="checkbox"/> |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> |
| <input type="checkbox"/> Vegenaize (Vegan mayo) | <input type="checkbox"/> |
| <input type="checkbox"/> Salsa | <input type="checkbox"/> |
| <input type="checkbox"/> Ketchup | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

Spices and Herbs

- | | |
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| <input type="checkbox"/> Salt | <input type="checkbox"/> Dill |
| <input type="checkbox"/> Chili powder | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> Nutritional Yeast |
| <input type="checkbox"/> Garlic powder | <input type="checkbox"/> Coriander |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Onion powder | <input type="checkbox"/> Vegan Chicken Seasoning |
| <input type="checkbox"/> Curry powder | <input type="checkbox"/> Vegan Vegetable Seasoning |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Vegan Beef Seasoning |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Pumpkin Pie Spice |
| <input type="checkbox"/> Sage | <input type="checkbox"/> |
| <input type="checkbox"/> Basil | <input type="checkbox"/> |
| <input type="checkbox"/> Oregano | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
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Notes: