



# VEGAN GROCERY LIST



## Produce Section

avocados  
bell peppers  
broccoli  
cauliflower  
carrots  
fresh herbs  
fresh fruit of choice  
garlic  
ginger  
kale or spinach  
onions  
potatoes  
tomatoes

## Baking Essentials

all-purpose flour  
applesauce  
baking powder  
baking soda  
chickpea flour  
flax and/or chia seeds  
maple syrup  
organic sugar  
vanilla  
vegan chocolate chips

## Pantry Staples

black pepper  
cornmeal  
crackers or chips  
dried/canned beans  
dried herbs & spices  
nutritional yeast  
nut and seed butters  
nuts and seeds of choice  
olive oil  
panko breadcrumbs  
popcorn  
quinoa  
rolled oats  
rice  
salt  
tomato paste  
toasted sesame oil  
vegetable broth

## Freezer Section

frozen fruit  
frozen veggies  
pie crust  
vegan meat  
convenience foods

## Refrigerator Section

non-dairy milk  
non-dairy yogurt  
hummus/dips  
tofu/tempeh/seitan  
vegan butter  
vegan cheese  
vegan mayo

## Sauces & Condiments

apple cider vinegar  
balsamic vinegar  
BBQ sauce  
hot sauce  
ketchup  
mustard  
pickles  
rice vinegar  
soy sauce/tamari  
tomato sauce  
vegan Worcestershire sauce