

vegan grocery list



VEGETABLES

fresh

- Acorn
- Artichokes
- Asparagus
- Avocado
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Butternut
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chives
- Corn
- Cucumber
- Eggplant
- Fennel
- Garlic
- Ginger
- Green Beans
- Green Onion
- Jalapeño & Hot Peppers
- Kabocha
- Kohlrabi
- Leeks
- Mushrooms
- Olives
- Onions
- Parsnip
- Peas
- Potatoes
- Pumpkin
- Radishes
- Rhubarb
- Shallots
- Snap Peas
- Snow Peas
- Squash
- Sweet Potatoes
- Taro
- Tomatoes
- Turmeric
- Turnip
- Yam
- Zucchini

leafy greens

- Arugula
- Bok Choy
- Collard Greens
- Kale
- Lettuce
- Mixed Salad
- Romaine Lettuce
- Spinach
- Swiss Chard

frozen

- Asparagus
- Baby Lima Beans
- Broccoli
- Brussels Sprouts
- Cauliflower
- Corn
- Edamame
- Green Beans
- Hash Brown Shreds
- Mixed Vegetables
- Peas
- Spinach
- Sweet Potato
- Winter Squash

canned

- Artichokes
- Carrots
- Corn
- Green Beans
- Kimchi
- Mushrooms
- Olives
- Peas
- Pickled Vegetables
- Pumpkin Puree
- Roasted Red Peppers
- Sauerkraut
- Sun-Dried Tomatoes
- Tomatoes, diced
- Tomato Paste
- Tomato Sauce
- Vegetable Soup
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FRUITS

fresh

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Dragon Fruit
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew
- Jackfruit
- Kiwis
- Lemons
- Limes
- Lychee
- Mangoes
- Nectarines
- Oranges
- Papayas
- Passionfruit
- Peaches
- Pears
- Persimmons
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

frozen

- Blueberries
- Cherries
- Mangoes
- Mixed Berry Blends
- Mixed Fruit Blends
- Peaches
- Pineapple
- Raspberries
- Strawberries

dried

- Apple Chips
- Apricots
- Banana Chips
- Cranberries
- Dates
- Figs
- Goji Berries
- Mangoes
- Mulberries
- Pineapple
- Prunes
- Raisins

canned

- Apple Sauce
- Fruit Cocktail
- Mandarin Oranges
- Pears, diced
- Pineapples, diced
- Mangoes, diced
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LEGUMES

dried

- Black Beans
- Black-Eyed Peas
- Cannellini Beans
- Chickpeas
- Fava Beans
- Kidney Beans
- Lentils
- Lima Beans
- Mung Beans
- Navy Beans

- Pinto Beans
- Soybeans
- Split Peas
- White Beans

canned

- Baked Beans
- Bean Soup
- Black Beans
- Cannellini Beans
- Chickpeas

- Chili Sin Carne
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- White Beans

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NUTS & SEEDS

nuts

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Nut Butters (Almond, Peanut, etc.)
- Pecans
- Pine Nuts
- Pistachios
- Walnuts

seeds

- Chia Seeds
- Flaxseed
- Hemp Seeds
- Pumpkin Seeds
- Seed Butter (Sunflower, Tahini, etc.)
- Sesame Seeds
- Sunflower Seeds
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WHOLE GRAINS

- Amaranth
- Barley
- Brown Rice
- Buckwheat
- Bulgur
- Corn
- Cornflakes
- Farro
- Kamut
- Millet
- Oats, Instant

- Oats, Rolled
- Oats, Steel-Cut
- Popcorn Kernels
- Quinoa
- Rice Cakes
- Rolled Oats
- Rye
- Teff
- Wheat Berries
- Whole Grain Bread
- Whole Grain Flour

- Whole Grain Muffins
- Whole Grain Pasta
- Whole Grain Rolls
- Whole Grain Tortillas
- Wild Rice

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vegan grocery list



REFINED GRAINS

- All Purpose Flour
- Bulgur
- Breakfast Cereal
- Crackers
- Couscous
- Pasta
- Pita Bread
- Tortillas
- White Bread
- White Crackers
- White Rice
- White Rolls
- White Wraps
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DAIRY REPLACEMENTS

- Almond Milk
- Almond Yogurt
- Coconut Creamer
- Coconut Ice Cream
- Coconut Milk
- Coconut Yogurt
- Chocolate Milk
- Margarine or Vegan Butter
- Oat Milk
- Soy-Based Ice Cream
- Soy Milk
- Soy Yogurt
- Vegan Cream Cheese
- Vegan Cheddar or Mozzarella Style Shreds
- Vegan Cheese Slices
- Vegan Parmesan
- Vegan Protein Powder (Soy, Hemp, Pea)
- Vegan Pudding Cups
- Vegan Ricotta
- Vegan Sour Cream
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MEAT REPLACEMENTS

- Coconut or Tempeh Bacon
- Plant-Based Crumbles
- Pulled Jackfruit
- Seitan
- Tempeh
- Textured Vegetable Protein
- Tofu (Plain or Flavored)
- Vegan Burgers
- Vegan Chicken or Beef Strips
- Vegan Deli Slices
- Vegan Meatballs
- Vegan Nuggets
- Vegan Sausages & Hotdogs
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BAKING & COOKING

- Agave Syrup
- Almond Extracts
- Almond Flour
- Arrowroot Powder
- Baking Mixes (e.g. Brownies)
- Baking Powder & Soda
- Chickpea Flour
- Chocolate Chips
- Coconut Flakes
- Coconut Flour
- Date Paste
- Egg Replacement
- Erythritol
- Fruit Preserves
- Maple Syrup
- Molasses
- Peppermint Extract
- Potato or Corn Starch
- Pudding Mixes
- Stevia
- Sugar
- Vanilla Extract
- Xylitol
- Yeast
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CONDIMENTS

- dips & sauces**
- BBQ Sauce
- Cocktail Sauce
- Coconut Milk
- Gravy
- Guacamole
- Hot Sauce
- Hummus
- Ketchup
- Miso Paste
- Mustard
- Relish
- Salsa
- Soy Sauce
- Sriracha
- Sweet Chili Sauce
- Tamari
- Vegan Cheese Sauce Mixes
- Vegan Mayo
- Vegan Salad Dressings
- vegan flavorings**
- Capers
- Curry Paste
- Harissa
- Lemon Juice
- Liquid Smoke
- Nutritional Yeast
- Oil (Olive, Sesame, etc.)
- Sambal Oelek
- Seaweed
- Vegemite
- Vegetable Broth
- Vinegar (Apple Cider, Balsamic, etc.)
- spices**
- Anise
- Basil
- Bay Leaves
- Black Salt
- Cajun Mix
- Cayenne Pepper
- Celery Seed
- Chipotle Mix
- Cilantro
- Cinnamon
- Cloves
- Cocoa
- Coriander
- Cumin
- Curry
- Dill
- Garam Masala
- Garlic Powder
- Ginger Powder
- Italian Seasoning
- Marjoram
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Red Pepper Flakes
- Rosemary
- Saffron
- Sage
- Salt
- Smoked Paprika
- Thyme
- Turmeric Powder
- Vanilla
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SNACKS & TREATS

- Candy
- Chips
- Chocolate
- Cookies
- Crackers
- Croissants
- Doughnuts
- Granola
- Jams
- Jellies
- Nut & Seed Bars
- Oat bars
- Pizza
- Popcorn
- Potato or Sweet Potato Fries
- Potato Wedges
- Pretzels
- Puff Pastry
- Ramen
- Soft Pretzels
- Trailmix
- Vegan Dumplings
- Vegetable Spring Rolls
- Waffles
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BEVERAGES

- Coffee
- Flavored & Sparkling Waters
- Fruit Juice
- Kombucha
- Smoothies
- Soda
- Tea (Herbal, Green, etc.)
- Vegan Beer
- Vegan Hot Chocolate
- Vegan Wine
- Vegetable Juice
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NON-VEGAN INGREDIENTS

WATCH OUT FOR THESE

While there are some ingredients that are obviously derived from animal products (e.g. egg whites, shrimp paste or milk powder), some non-vegan add-ins are much harder to spot! Here's a list of the most common ingredients, some of which can, but don't have to, come from animal products.

- Albumin/Albumen
- Amino Acids (*possible*)
- Anchovies
- Bee Pollen
- Beeswax (E 901)
- Bone Phosphate (E 542)
- Calcium Caseinate (E 471, *possible*)
- Capric/Caprylic Acid (*possible*)
- Carmine/Cochineal/Natural Red 4 (E 120)
- Casein
- Collagen
- Confectioner's Glaze
- Fatty Acids (*possible*)
- Fish Oil
- Gelatine (E 441)
- Ghee
- Isinglass
- L-Cysteine (E 910 + 921)
- Lactitol (E 966)
- Lactose
- Lanolin (E 913)
- Lard
- Lecithin (E 322, *possible*)
- Lipase
- Lipids (*possible*)
- Lutein (*possible*)
- Lysozyme (E 1105)
- Mono- and Diglycerides (E 471, *possible*)
- Oleic Acid
- Pepsin
- Polysorbate
- Propolis
- Rennet
- Retinol/Vitamin A
- Royal Jelly
- Shellac (E 904)
- Sodium Caseinate
- Sodium Stearoyl Lactylate (*possible*)
- Stearic Acid (*possible*)
- Suet
- Tallow
- Vitamin D3 (*possible*)
- Whey