

VEGAN STARTER GROCERY LIST

This list is to get you started and help you stock up so you aren't left with "nothing to eat." You certainly don't need to get everything on the list, but I wanted to make sure you felt you had plenty of options.

Before you head to the grocery store, first make sure you have your staples, then pick out a few easy recipes for the week (that have similar ingredients) and then complete your grocery list. Think about your week ahead; do you need foods that can travel easily? Do you need quick recipes or do you have time to cook a big elaborate meal? Maybe checking out some crockpot recipes would be helpful?

Most important is that you build a colorful cart by getting a variety of fruits and vegetables. As you get used to eating a plant based diet your list will become more and more customized to your palate.

Produce: this section could go on forever but here are a few items to get you started. Be sure to choose a variety of foods.

Spinach
Kale
Swiss chard
Collard greens
Asparagus
Brussels sprouts
Broccoli
Salad greens
Carrots
Tomatoes
Cauliflower
Mushrooms
Onions
Bell peppers
Sweet potatoes
Red potatoes
Squash
Zucchini
Cucumbers
Avocado
Strawberries
Blueberries
Blackberries
Raspberries
Bananas
Apples
Oranges

Kiwi
Pears
Mangos
Peaches
Plums
Clementine
Grapefruit

Refrigerated Section

Tofu
Tempeh
Seitan
Shelled Edemame
Tofurky products
Beyond Meat products
Ready to eat black-eyed peas
Lightlife deli slices, smart dogs
Hummus
Lentils (ready to eat)
Black-eyed peas (ready to eat)

Condiments/Staples

Salad dressings (read labels!)
Ketchup
Mustard
Just Mayo (vegan mayonnaise)
Relish
Vegetable broth
Better than bouillon No beef base
Better than bouillon No chicken base
Soy Sauce (try different flavors and choose low sodium)

Non-dairy Products/replacements

Almond, soy, rice, or oat milk
Daiya vegan cheese
Vega Non-dairy Yogurt
Nondairy milks
Tofutti cream cheese & sour cream
Silk Soy coffee creamer
Earth Balance (butter substitute)
Nuttu Cow Vegan Ricotta
Nutritional Yeast

Canned, Jarred or Packaged Goods

Black Beans
Kidney beans
Chickpeas
Lentils
Black-eyed peas
Stewed Tomatoes
Tomato Sauce
Amy's Kitchen soups
Lentil soup
Tomato soup (not creamy!)
Olives
Roasted red peppers
Almond butter
Peanut butter (all natural)
Jam (no sugar added)
Tahini paste
Olive oil
Flaxseed oil
Sesame oil
Avocado oil
Coconut oil
Miso paste
Whole Grain or oat flour
TVP (Textured Vegetable Protein)

Healthier Starches

Lentil pasta
Oatmeal
Steel cut oats
Brown rice
Farro
Couscous
Ezekiel Bread (frozen section)
Soba noodles
Whole grain pasta (read label not all pasta is vegan)
Whole grain bread (read label)

Egg Substitute

Ener-G Egg Replacer (you can also use ground flaxseeds and warm water)

Snack Ideas

Wasa crackers
Rice cakes
Rice thins
Almonds
Walnuts
Cashews
Peanuts
Popcorn (read label)
Shelled edemame
Raisins (high in calories!)
Hummus
Tabouli

Vegan Protein & Snack Bars (use sparingly)

Vega Sport
No Cow
Cliff Bar
Luna Bars
Chia Bars
Kind Bars

Frozen Foods

Any frozen vegetable (no sauce!)
Vegetable burger (read label not all are vegan)
Gardein Products
Morning Star (not all are vegan, read labels)
Amy's Kitchen frozen products
Nature's Path Frozen waffles
Frozen fruit (for smoothies!)
Cashew milk ice cream (for a treat)
So Delicious Dairy Free Ice Cream

Sweeteners

Maple syrup
Agave syrup

Protein Powders (these are my top picks)

Sun Warrior
Plant Fusion
Plnt Protein Powder
Orgaine
Vega Sport