

Vegan Food Items Checklist



As you know interest in the vegan movement is growing. There are many great options to choose from if you are planning to have a healthy balanced diet that does not include animal products.

We compiled a check list to help you in your grocery shopping. We included an extra sheet where you can add your own favorites or jot down items for your next grocery shopping trip. Hope you find it useful.

If you want to receive more resources on vegan and other health related topic please contact us at:
anniewesley1122@gmail.com

Vegan Food Items Checklist



Items for your pantry

- Canned coconut milk
- Plant-based milk: almond, soy
- Nuts: almonds, walnuts, pecans, pistachios, etc.
- Seeds: pumpkin, sunflower etc
- Nut butters: - almond, peanut, sunflower, etc.
- Raw cashews
- Lentils, Chickpeas, black beans, pinto beans
- Plant-based protein powder
- Quinoa
- Rice (brown and/or white)
- Millet, Barley, Oats
- Granola
- Cereals
- Chips, Crackers
- Canned soups
- Pasta and other noodles
- Flaxseed
- Olive oil, Coconut oil
- Other oils like sesame, peanut
- Veggie stock or bouillon
- Capers & olives
- Rice vinegar
- Balsamic vinegar
- Turmeric
- Sweeteners like agave
- Dried fruit: mango, raisins, cranberries, dates, etc.
- Popcorn kernels
- Coconut flakes/shredded coconut
- Vegan chocolate chips
- Vegan cookies
- Dark chocolate - vegan
- Any candy you like
- Apple cider, vinegar
- Vegan sugar or regular sugar

All the other stuff: flour, baking powder, baking soda etc
Bananas, avocados and other fruit you are keeping out of the fridge
Onions, potatoes, sweet potatoes, butternut squash, garlic and other veggies you store out of the fridge



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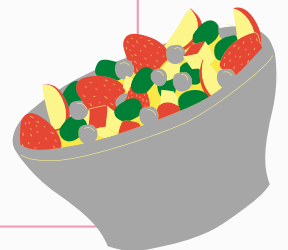
Items for your refrigerator



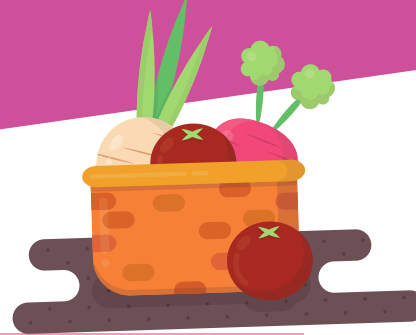
- Plant-based milk like almond, soy etc. – refrigerate after opening
- Nutritional Yeast (Cheese)
- Prepared, packaged vegan cheeses (Miyoko, Daiya)
- Vegan yogurt – soy, coconut, almond etc
- Vegan cream cheese
- Vegan sour cream
- Flaxseed (is also under pantry)
- Chia seeds
- Hemp hearts or hemp seeds
- Ketchup, mustard,
- Soy sauce
- Tahini
- White miso
- Earth Balance (Butter)
- Maple syrup (after it's open)
- Hummus, Tofu
- Just Mayo, Veganaise or other vegan mayo
- Tempeh (including prepared tempeh strips)
- Vital wheat gluten/seitan
- Packaged, vegan meats – deli and “imitation” like burgers (Beyond Meat, Field Roast, Tofurkey)
- Cauliflower, broccoli, kale, collards, spinach, tomatoes, fresh herbs, etc. (anything that needs to be refrigerated)
- Lemons, grapes, mango, apples, oranges, etc. (anything that needs refrigerated)

Items for your freezer

- Frozen fruit for smoothies (packaged or cut by you)
- Frozen veggies you like
- Almond flour/meal; Chickpea/garbanzo bean flour
- Soy, coconut ice cream
- Fruit bars and Other packaged vegan treats
- Packaged Foods: Amy's, Tofurkey, Field Roast, etc



Other Items To Add



SHOPPING LIST

ITEMS TO CHECK

NOTES

