

VEGAN GROCERY SHOPPING LIST FOR BEGINNERS

Looking to embrace a more plant-based menu?

This grocery guide makes shopping for essential vegan staples at your wholesale food store a breeze!

Pantry

- Legumes (canned or dried): Chickpeas, black beans, adzuki beans, cannellini beans, black-eyed peas, and lentils
- Whole grains: Brown and wild rice, oats, quinoa, and barley
- Rice noodles
- Canned vegetables: Corn, peas, tomatoes, and artichoke hearts
- Tomato paste and tomato sauce
- Tree nuts: Almonds, walnuts, cashews, and pecans
- Seeds: Pumpkin, sunflower, and sesame seeds

Dairy and Meat Alternatives

- Plant. nut or soy-based milks
- Dairy-free yogurt and sour cream
- Vegan cheeses
- Vegan butter
- Tofu, tempeh, and seitan

Freezer Items

- Vegan burgers and meat alternatives
- Frozen vegetables: Spinach, broccoli, corn, edamame, butternut squash, and green beans
- Frozen vegetable medley and stir fry mixes
- Frozen: Berries, peaches, and cherries
- Hash browns, breakfast potatoes, and french fries

Be sure to check the labels, as some options may contain dairy, eggs, etc.



Fresh Produce

- Leafy greens: Kale, spinach, and arugula
- Starchy vegetables: Sweet potatoes, turnips, peas, and corn
- Root vegetables: Carrots, parsnips, beets, fennel, and leeks
- Tomatoes
- Celery
- Onion
- Garlic
- Asparagus
- Bell peppers
- Mushrooms
- Eggplant
- Radish
- Cucumber
- Green beans
- Cruciferous vegetables: Cabbage, cauliflower, broccoli, and brussels sprouts

Fresh Fruit

- Apples
- Pears
- Grapes
- Stone fruit: Cherries, peaches, plums, and nectarines
- Bananas
- Berries
- Melons
- Citrus: Oranges, lemons, and limes

Sweeteners and Baking

- Agave syrup
- Molasses
- Maple syrup
- Vanilla and almond extracts
- Coconut flakes
- Stevia
- Sugar
- Egg replacer

Ingredients to Avoid

Look out for items that contain the following animal-based ingredients:

- Whey
- Lanolin
- Lactose
- Lard
- Casein
- Gelatin

