



Vegan Grocery List For Beginners

VEGGIES

- Carrots
- Cauliflower
- Broccoli
- Onion
- Garlic
- Celery
- Mushrooms
- Zucchini
- Cucumber
- Potato
- Sweet Potato
- Jalapeno

FRIDGE

- Mustard
- Miso Paste
- Coconut Water
- Tamari or Soy Sauce
- Coconut or Almond Milk
- Tahini
- Tofu
- Nut Butters

FREEZER

- Corn
- Berries
- Banana

FRUITS

- Banana
- Apple
- Orange
- Lemon
- Pineapple
- Avocado
- Seasonal Fruit

FRESH HERBS

- Parsley
- Cilantro
- Mint
- Thyme
- Basil

GRAINS

- Oatmeal
- Quinoa
- Brown Rice
- White Rice

LEGUMES

- Black Beans
- Brown Beans
- Green Lentils
- Chickpeas

NUTS AND SEEDS

- Cashews
- Almonds
- Walnuts
- Hemp Seeds
- Pumpkin Seeds
- Chia Seeds
- Flax Seeds
- Sesame Seeds
- Sunflower Seeds

SEASONINGS

- Himalayan Salt
- Turmeric
- Paprika
- Cayenne
- Cinnamon
- Vanilla
- Nutritional Yeast
- Parsley
- Oregano
- Garlic Powder
- Pepper

SWEETENERS

- Maple Syrup
- Agave Syrup
- Coconut Sugar