

VEGAN GROCERY CHECKLIST

FRUIT

- Bananas
- Apples
- Grapes
- Oranges
- Strawberries
- Avocados
- Peaches
- Pear
- Kiwi
- Orange
- Dates
- _____
- _____

VEGETABLES

- Broccoli
- Cauliflower
- Spinach
- Lettuce
- Kale
- Carrots
- Courgettes
- Celery
- Garlic
- Onion
- Mushrooms
- Pumpkin
- Potato
- Sweet potato
- _____
- _____

CUPBOARD

- Chickpeas, lentils, beans (dry or canned)
- Canned Tomatoes/ tomato sauce
- Nutritional yeast
- Coconut milk
- Breadcrumbs
- Granola
- Cereal/ Weetabix
- Oats
- Flax seeds / chia seeds
- _____
- _____

FROZEN FOODS

- Frozen berries
- Ice Cream
- Frozen spinach
- Frozen peas
- _____
- _____

MEAT SUBSTITUES

- Tofu
- Tempeh
- Seitan
- Veggie burgers
- Vegan Mince
- Vegan burgers/ mince
- _____
- _____

GRAINS AND BREAD

- Pasta
- Rice
- Cous Cous
- Quinoa
- Noodles
- Bread
- Tortillas
- _____
- _____

DAIRY ALTERNATIVES

- Plant milk (soy, oat, almond)
- Yoghurt (soy, oat)
- Cream cheese
- Vegan butter / margarine
- Vegan cheese (oil based or nut based)
- _____
- _____

CONDIMENTS & SPICES

- Salt and Pepper
- Sugar
- Oregano, thyme, rosemary
- Cinnamon, nutmeg
- Curry, paprika, turmeric
- _____
- _____

SAUCES & OILS

- Oil (olive/rapeseed/ sesame)

- Balsamic/ apple cider vinegar
- Soy Sauce
- Tahini
- Miso paste
- Ketchup, bbq, mayo, mustard
- _____
- _____

SNACKS

- Popcorns
- Crackers
- Rice cakes
- Nuts
- Granola bars
- Chocolate
- Hummus
- Tea
- _____
- _____

NUTS AND SEEDS

- Almonds, walnuts, pecans, cashews
- Sesame, sunflower seeds
- Nut butter

BAKING

- Flour
- Baking Powder
- Maple syrup
- Cocoa powder
- _____

Other: _____