

Healthy Vegan Grocery List

FRESH VEGETABLES

- Leafy greens: lettuce, sprouts, kale, chard, collards, spinach, mizuna, cabbage, etc
- Fresh herbs and spices: parsley, cilantro, basil, mint, garlic ginger, etc
- Green/non-starchy vegetables: cucumber, tomato, peppers, zucchini, green beans, snow peas, celery, cauliflower, broccoli, eggplant, mushrooms, etc
- Starchy vegetables: carrots, beets, sweet potato, squash, rutabaga, celery root (celeriac)
- Onion family: sweet onions, red onions, yellow onions, green onions, leeks, chives
- Avocado

FRESH FRUIT

- Tree fruit (fall): apples, pears, plums, peaches
- Citrus fruit (winter): oranges, grapefruit, lemons, limes (or pure juice)
- Summer fruit: berries, grapes, melon
- Tropical fruit: bananas, pineapple, mango, kiwi

CANNED AND FROZEN PRODUCE

- Frozen berries or other fruit
- Frozen edamame beans, peas, corn
- Canned tomatoes
- Applesauce (unsweetened)

SPICES AND SEASONINGS

- Herbamare or sea salt
- Spices: ginger, cumin, coriander, turmeric, cayenne, paprika, nutmeg, cinnamon, allspice, cloves, cardamom, pepper - or spice mixes
- Dried herbs: basil, oregano, marjoram, thyme, rosemary, parsley, chives, dill - or herb mixes
- Nutritional yeast
- Onion and garlic powder

BAKING NEEDS

- Whole grain flour: spelt, oat, buckwheat, etc
- Sweeteners: sucanat, coconut, palm, date sugars, maple or brown rice syrup, molasses
- Carob and/or cocoa powder
- Arrowroot powder (or kudzu)
- Baking soda and powder (without aluminum)

GRAINS

- Buckwheat (toasted and/or untoasted)
- Oats (rolled and/or steel cut)
- Brown rice (short and/or long grain)
- Quinoa, millet, amaranth
- Barley, wheat berries
- Rice cakes, puffed cereal (rice, kamut etc)
- Whole grain pasta: kamut, buckwheat/soba, brown rice, quinoa, corn, etc
- Wraps, bread or pitas: whole wheat, sprouted grain, corn, rice paper

BEANS

- Legumes: lentils (green, brown, red), split peas
- Beans (canned or dried): aduki, chickpeas, black eyed peas, black beans, kidney beans, etc
- Tempeh (fermented soy)

NUTS AND DRIED FRUIT

- Nuts and seeds: sunflower, pumpkin, sesame, flax, chia, hemp, almonds, walnuts, pecans, pistachios, Brazil nuts, cashews, coconut (unsweetened)
- Sundried tomatoes
- Dried fruit: raisins, dates, dried apricots, dried figs, dried cranberries, goji berries, etc.

OILS, VINEGARS AND CONDIMENTS

- Nut/seed butter: almond, sunflower, tahini, cashew, peanut, etc
- Oils: olive, coconut, toasted sesame
- Vinegars: apple cider, balsamic
- Salt seasonings: tamari (soy sauce), miso (fermented soy paste), ume plum vinegar
- Olives, sauerkraut
- Stone ground mustard, ketchup

SEA VEGETABLES

- Kelp, kombu, nori (sushi rolling sheets), wakame
- Agar powder (for gelling liquid)

DRINKS

- Tea: herbal, green
- Coconut water
- Pure apple cider or juice (cranberry, apple, etc)

