



Vegan Staple Grocery List

Oils:

Olive Oil
Avocado Oil
Coconut Oil
Sesame Seed Oil

Vinegars:

Apple Cider Vinegar
Balsamic Vinegar
Red Wine Vinegar
White Vinegar

Bulk/Dry Goods:

Quinoa
Pasta
Brown Rice
Couscous
Barley
Lentils
Beans (pinto, black, kidney, garbanzo)
Oatmeal
Chia Seeds
Granola
Dried Fruit
Nuts (almonds, cashews, walnuts)
Dried Mushrooms
Vegetable Broth (liquid & cubes)
Nutritional Yeast
Popcorn

Canned/Jarred:

Tamari or Soy Sauce
Coconut Cream or Milk
Marinated Artichokes
Roasted Red Bell Peppers
Olives
Tomatoes
Tomato Paste
Apple Sauce
Nut Butter
Jelly

Fridge/Freezer:

Vegenaise
Earth Balance
Almond Milk
Maple Syrup
Condiments
Coconut Ice Cream
Frozen Fruit
Sambazon Smoothies & Smoothie Packs

Baking:

Flour (gluten free, wheat, bread etc)
Vegan Sugar
Brown Sugar
Baking Soda
Cornstarch
Chocolate Chips
Cocoa Powder
Cinnamon

Snacks:

Hail Merry (macaroons & tarts)
Pops a lot London Kettle Corn
Beanfield's Chips (nacho)
Mary Gone Crackers
Vega Nutritional Shakes
Justin's Dark Chocolate Peanut Butter Cups
Earth Balance White Cheddar Popcorn