



Vegan Grocery List: Staple Food For Your Pantry

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Here is a Vegan Grocery List: Staple Food For Your Pantry

When possible buy fresh, organic, seasonal, local and with minimal packaging. BUT it's whatever works for **you** at this time, on your budget. Some frozen and canned plant foods are better than none at all!

It's quick and easy for shopping. I hope you find it helpful!

- *Adriane Marie*

☐ garlic

☐ onions

☐ leafy greens (kale, spinach, lettuce)

☐ mushrooms

☐ carrots

☐ tomatoes (fresh, canned, paste)

☐ potatoes (white and/or sweet)

☐ peppers

☐ fresh seasonal herbs

☐ OTHER:

☐ apples

☐ lemons and/or limes

☐ melons

☐ berries (seasonal fresh or frozen)

☐ dates and/or dried cranberries

☐ oats

☐ rice

☐ quinoa

☐ whole grain bread *contains gluten

☐ OTHER:

☐ chickpeas

☐ black beans

☐ lentils

☐ tofu

☐ tempeh

☐ tahini

☐ peanut butter

☐ sunflower seeds

☐ hemp hearts and/or flaxseed and/or chia seeds

☐ OTHER:

☐ olive oil

☐ apple cider vinegar

☐ balsamic vinegar

☐ salt and pepper

☐ cumin

☐ chili powder and/or paprika

☐ curry

☐ cinnamon

☐ oregano, basil, thyme (in spice form if unavailable fresh)

☐ OTHER:

☐ miso

☐ hot sauce

☐ soy sauce, tamari or amino acid sauce

☐ pickles and/or sauerkraut

☐ salsa

☐ soy milk, oat milk, hemp milk

☐ mustard, ketchup, vegan mayo, vegan barbecue sauce

☐ vegan cheese

☐ vegan meat (chicken nuggets, veggie burgers, etc.)

☐ OTHER:



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