

SHOPPING LIST STAPLES

Keep Your Meal Plan in Mind



Follow it to the tee or use it as inspo for your next vegan dish!

- DAY 1** Oatmeal with fruit
Deli sandwich
Tomato thyme soup
- DAY 2** Avocado toast
Veggie hummus wrap
Pasta with red sauce
- DAY 3** Yogurt, granola & fruit
Hearty salad
Butternut squash chili
- DAY 4** Fruit smoothie
Veggie sandwich
Stir fry
- DAY 5** Fruit bowl
Veggie quinoa bowl
Pizza
- DAY 6** Oatmeal
Veggie Burrito
Tempeh, kale bowl
- DAY 7** Pancakes
Hearty vegan bowl
Creamy alfredo

This kitchen basics shopping list can help you transition your pantry and fridge to be more plant-based friendly – from fruits and veggies to vegan burgers and cheese.

Veggies



Potatoes	Onions
Yams	Mushrooms
Carrots	Corn
Squash	Avocados
Broccoli	Tomatoes
Cauliflower	Kale
Bell peppers	Spinach

Fruits & Berries



Apples	Blueberries
Bananas	Strawberries
Lemons	Raspberries
Grapes	Oranges
Raisins	Grapefruit

Vegan Swaps



Dairy Alternatives

Soy, almond, rice, or cashew milk
Earth Balance Buttery Spread
Follow Your Heart Gourmet Shreds
Field Roast Chao Cheese
Silk Dairy-Free Yogurt Alternative

Meat Alternatives

Beyond Meat Beef Crumbles
Tofurky Smoked Ham Slices
Field Roast Deli Slices
Garden of Eatin' Teriyaki Chick'n
Sweet Earth Veggie Burgers

Proteins & Grains



Black beans	Wheat Bread
Chickpeas	Tortillas
Hummus	Pasta
Pinto beans	Granola/Oats
Refried beans	Almonds
Tofu or Tempeh	Pistachios
Lentils or Quinoa	Peanut Butter

Herb & Spices



Garlic	Chili powder
Cilantro	Cumin
Basil	Curry
Oregano	Cayenne
Nutritional Yeast	Paprika

Fats & Condiments



Olive Oil	Ketchup
Sesame Oil	Sriracha
Coconut Oil	Soy Sauce
Rice Vinegar	Liquid Smoke
Vegan Mayo	Maple Syrup
Dijon Mustard	Agave Syrup

SWEET TOOTH?



Ben & Jerry's Vegan Ice Cream
Justin's Dark Chocolate Cups
Daiya's Frozen NY Cheezecake