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.

**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

---

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

**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

**Fruits & Berries**
- Apples
- Blueberries
- Bananas
- Strawberries
- Lemons
- Raspberries
- Grapes
- Oranges
- Raisins
- Grapefruit

**Herb & Spices**
- Garlic
- Chili powder
- Cilantro
- Cumin
- Basil
- Curry
- Oregano
- Cayenne
- Nutritional Yeast
- Paprika

**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
- Gardien Teriyaki Chick’n
- Sweet Earth Veggie Burgers

**Fats & Condiments**
- Olive Oil
- Ketchup
- Sesame Oil
- Sriracha
- Coconut Oil
- Soy Sauce
- Rice Vinegar
- Liquid Smoke
- Vegan Mayo
- Maple Syrup
- Dijon Mustard
- Agava Syrup

**SWEET TOOTH?**
- Ben & Jerry’s Vegan Ice Cream
- Justin’s Dark Chocolate Cups
- Daiya’s Frozen NY Cheezecake

PasadoSafeHaven.org