Vegochef

vegochef.com/guides/vegan-grocery-list/

Vegan grocery list for beginners

Tick the boxes on your screen as you shop, or print it.

Vegetables and fruit

- [ ] Leafy greens: spinach, kale, rocket or mixed salad leaves
- [ ] Broccoli, cauliflower or cabbage
- [ ] Carrots, peppers, tomatoes, cucumber
- [ ] Onions, garlic, ginger
- [ ] Sweet potatoes or potatoes
- [ ] Mushrooms
- [ ] Bananas, apples, berries (fresh or frozen)
- [ ] Lemons or limes
- [ ] Fresh herbs such as coriander or parsley (optional)

Beans, lentils and peas

- [ ] Canned chickpeas, black beans and kidney beans
- [ ] Red and green or brown lentils (dried or canned)
- [ ] Frozen peas or edamame

Tofu, tempeh and other proteins

- [ ] Firm tofu (look for calcium-set: "calcium sulfate" on the label)
- [ ] Tempeh or seitan, if you like them
- [ ] Unsweetened soy yogurt

Grains and bread

- [ ] Oats
- [ ] Brown rice or quinoa
- [ ] Whole-wheat pasta
- [ ] Wholegrain bread or wraps

Nuts and seeds

- [ ] Peanut butter or another nut butter
- [ ] Walnuts or almonds
- [ ] Ground flaxseed, chia seeds or hemp seeds
- [ ] Pumpkin or sunflower seeds

Fortified foods

- [ ] Plant milk with added calcium, vitamin D and B12 (soy milk is highest in protein)
- [ ] Breakfast cereal with added B12
- [ ] Nutritional yeast with added B12

Pantry, sauces and spices

- [ ] Canned tomatoes and tomato paste
- [ ] Vegetable stock
- [ ] Olive oil and a neutral oil such as rapeseed (canola)
- [ ] Soy sauce or tamari
- [ ] Tahini
- [ ] Vinegar
- [ ] Spices: cumin, paprika, curry powder, chilli flakes, dried oregano
- [ ] Salt and black pepper

Freezer

- [ ] Frozen vegetables (mixed vegetables, spinach, stir-fry mix)
- [ ] Frozen fruit for smoothies and oats
- [ ] Frozen edamame or veggie burgers for busy days

Let your meal plan write the list.
Vegochef turns your week of meals into a grocery list, sorted by aisle. Free for 7 days on the App Store.