



## Shopping List

Below you'll find a list of my must-have vegan essentials. Keep your kitchen stocked with these fabulous items, so that you can always cook up a delicious and nutritious meal.

If you only go grocery shopping once a week, you can easily store vegetables in the refrigerator. My favorite way to store greens and herbs is by placing them in a glass jar, covering it with a plastic bag and keeping it in the fridge. Keep vegetables like broccoli and cauliflower, in a bag in the fridge. Vegetables like potatoes, winter squash, onions and garlic can stay out on the counter.

As for where to shop, I love Whole Foods, Trader Joe's and my local Farmer's Market. Whole Foods is great for buying dried goods (beans, grains, nuts, etc) in bulk. Trader Joe's is the place to go for nut milks, canned goods, some produce and frozen foods. Finally, your local farmer's market is best for finding the best value on fresh local produce.

p.s. I've listed seasonal Fall produce

### **Vegetables:**

- Kale
- Collard Greens
- Spinach
- Swiss Chard (or Rainbow or Green Chard)
- Brussels Sprouts
- Cabbage
- Broccoli
- Cauliflower
- Carrots
- Winter Squash
- Turnips
- Beets
- Sweet Potatoes
- Mushrooms
- Bell Peppers
- Avocado
- Onions
- Garlic
- Shallots
- Ginger

### **Herbs:**

- Thyme
- Sage
- Rosemary
- Cilantro
- Parsley



**Fruit:**

Whatever is in season!

Apples  
Pears  
Bananas  
Kiwi  
Lemons  
Oranges

**Grains:**

Brown Rice  
Quinoa  
Millet  
Farro  
Barley  
Oats  
Amaranth  
Buckwheat  
Cous Cous  
Bulgar  
Kamut  
Wild Rice  
Polenta  
Popcorn

**Dried Legumes:**

Black Beans  
Chickpeas  
Black Eyed Peas  
Lentils (French, Red, Green)  
Green Split Peas  
Mung beans

**Nuts & Seeds:**

Almonds  
Walnuts  
Pecans  
Pistachios  
Cashews  
Pumpkin Seeds  
Sunflower Seeds  
Flax Seeds  
Chia Seeds  
Sesame Seeds



**Canned Goods:**

Beans & Lentils  
Tomatoes (sauce, paste, diced)  
Soups (low-sodium!)

**Pasta & Noodles (with or without gluten):**

Spaghetti  
Fusilli  
Rigatoni  
Lasagna  
Soba (buckwheat noodles)  
Udon  
King Soba (GF noodles)  
Brown Rice spring roll wraps  
Rice Noodles

**Sea Vegetables:**

Wakame  
Nori  
Arame  
Dulse  
Hijiki  
Kelp

**Snacks:**

Popcorn  
Tortilla Chips  
Crackers  
Dried Fruit  
Snack Bars  
Granola  
Rice Crackers  
Pretzels  
Potato Chips  
Chocolate

**Frozen:**

Gluten Free bread  
Pizza  
Vegetables (peas, greens, herbs, corn)  
Fruit (berries, pineapple, peaches, mango)  
Ice cream (soy , almond or coconut based)  
Sorbet



Waffles  
Meatless Nuggets  
Veggie burgers

**Oils:**

Olive  
Coconut  
Organic Canola  
Toasted Sesame  
Avocado  
Pumpkin Seed

**Spices:**

Sea Salt  
Black Pepper  
Cumin  
Cayenne  
Red Pepper Flakes  
Chili Powder  
Chipotle Powder  
Fennel Seeds  
Turmeric  
Cinnamon  
Coriander  
Nutmeg  
Cloves  
Sumac  
Thyme  
Curry Powders  
Garam Masala  
Allspice  
Bay leaves

**Soy Products/Proteins:**

Tempeh  
Tofu  
Deli "meats"  
Hot Dogs

**Condiments:**

Mustard  
Ketchup  
Vinegar (Raw Apple Cider, Balsamic, Champagne, Umeboshi, Red Wine, Brown Rice)  
BBQ sauce



Miso  
Sauerkraut  
Kimchi  
Soy Sauce  
Salsa  
Nutritional Yeast

**Non-dairy:**

Milks: Soy, Almond, Hemp, Rice, Oat, Coconut, Hazelnut  
Yogurt: Soy, almond, coconut  
Ice Cream: soy, almond, coconut, hemp  
Creamers  
Butter (Earth Balance)  
Cream Cheese (Tofutti)  
Cheese (soy based, tapioca or nut based. Avoid whey, rennet & casein; all animal ingredients)

**Sweeteners:**

Sugars (demerara, turbinado, sucanat)  
Agave  
Coconut Nectar  
Brown Rice Syrup  
Maple Syrup  
Yacon Syrup  
Stevia

**Baking:**

Vanilla Extract  
Flours (Unbleached All-purpose, whole wheat, whole wheat pastry, spelt, gluten free)  
Chocolate Chips  
Cocoa Powder  
Baking Powder  
Baking Soda  
Egg replacer  
Flax Seeds

**Superfoods:**

Cacao Powder & Nibs  
Spirulina  
Maca  
Goji Berries  
Acai  
Chlorella