

Vegan Shopping List

Everything you need for a well-stocked plant-based
kitchen

VeganPreps

About This Shopping List

This list covers the staples you need to cook most vegan recipes. Page 1 has a pre-filled list of common items organized by store section. Page 2 is a blank version you can customize for your own weekly shop.

Two Ways to Use It

- Check off items on the pre-filled list to build your pantry from scratch
- Print the blank version weekly and fill in only what you need

SHOPPING TIP

Buy dry goods (rice, lentils, oats, beans) in bulk for the best price per serving. Frozen vegetables work just as well as fresh in cooked dishes and last much longer.

For recipes that use these ingredients, visit veganpreps.com.

Complete Vegan Pantry List

Check off items as you shop. This covers the basics for most plant-based recipes.

PRODUCE

- | | |
|---|--|
| ☐ Leafy greens (spinach, kale, or chard) | ☐ Avocado |
| ☐ Tomatoes | ☐ Bananas |
| ☐ Onions | ☐ Berries (fresh or frozen) |
| ☐ Garlic | ☐ Lemons |
| ☐ Sweet potatoes | ☐ Ginger |
| ☐ Bell peppers | ☐ Mushrooms |
| ☐ Broccoli | ☐ Zucchini |
| ☐ Carrots | |

GRAINS

- | | |
|---|--|
| ☐ Rice (brown or white) | ☐ Bread (whole wheat) |
| ☐ Quinoa | ☐ Tortillas |
| ☐ Oats (rolled or steel-cut) | ☐ Couscous |
| ☐ Pasta (any shape) | ☐ Noodles (udon, rice, or soba) |

PROTEIN

- | | |
|--|--|
| ☐ Tofu (firm) | ☐ Black beans (dry or canned) |
| ☐ Tempeh | ☐ Edamame (frozen) |
| ☐ Lentils (dry or canned) | ☐ Seitan |
| ☐ Chickpeas (dry or canned) | ☐ Peanut butter (natural) |

NUTS & SEEDS

- | | |
|----------------------------------|-------------------------------------|
| ☐ Almonds | ☐ Chia seeds |
| ☐ Walnuts | ☐ Flax seeds |

- ☐ Hemp seeds
- ☐ Sesame seeds

PANTRY

- | | |
|--|---------------------------------------|
| ☐ Soy sauce | ☐ Coconut oil |
| ☐ Coconut milk (canned) | ☐ Maple syrup |
| ☐ Vegetable broth | ☐ Hot sauce |
| ☐ Nutritional yeast | ☐ Tomato paste |
| ☐ Olive oil | ☐ Tahini |

SPICES

- | | |
|--|---------------------------------------|
| ☐ Turmeric | ☐ Onion powder |
| ☐ Cumin | ☐ Chili powder |
| ☐ Paprika (sweet or smoked) | ☐ Cinnamon |
| ☐ Garlic powder | ☐ Black pepper |

Custom Shopping List

Blank version. Fill in your own items each week.

PRODUCE

☐	☐
☐	☐
☐	☐
☐	☐

GRAINS

☐	☐
☐	☐
☐	☐
☐	☐

PROTEIN

☐	☐
☐	☐
☐	☐
☐	☐

NUTS & SEEDS

☐	☐
☐	☐
☐	☐
☐	☐

PANTRY

☐	☐
☐	☐
☐	☐
☐	☐

SPICES

☐	☐
☐	☐
☐	☐
☐	☐

OTHER

☐	☐
☐	☐
☐	☐
☐	☐

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