

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

- | | |
|---|--|
| <input type="checkbox"/> Leafy greens (spinach, kale, or chard) | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Berries (fresh or frozen) |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Lemons |
| <input type="checkbox"/> Sweet potatoes | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Bell peppers | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Carrots | |

GRAINS

- | | |
|---|--|
| <input type="checkbox"/> Rice (brown or white) | <input type="checkbox"/> Bread (whole wheat) |
| <input type="checkbox"/> Quinoa | <input type="checkbox"/> Tortillas |
| <input type="checkbox"/> Oats (rolled or steel-cut) | <input type="checkbox"/> Couscous |
| <input type="checkbox"/> Pasta (any shape) | <input type="checkbox"/> Noodles (udon, rice, or soba) |

PROTEIN

- | | |
|--|--|
| <input type="checkbox"/> Tofu (firm) | <input type="checkbox"/> Black beans (dry or canned) |
| <input type="checkbox"/> Tempeh | <input type="checkbox"/> Edamame (frozen) |
| <input type="checkbox"/> Lentils (dry or canned) | <input type="checkbox"/> Seitan |
| <input type="checkbox"/> Chickpeas (dry or canned) | <input type="checkbox"/> Peanut butter (natural) |

NUTS & SEEDS

- | | |
|----------------------------------|-------------------------------------|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Chia seeds |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Flax seeds |

- Hemp seeds
- Sesame seeds

PANTRY

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

SPICES

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

Custom Shopping List

Blank version. Fill in your own items each week.

PRODUCE

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

GRAINS

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

PROTEIN

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

NUTS & SEEDS

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

PANTRY

SPICES

OTHER

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