

# Vegan Grocery Checklist

A plant-based shopping list organized by category, from produce and legumes to whole grains, plant milks and nuts.

## Fresh Produce

- Leafy greens: spinach, kale, romaine
- Cruciferous veg: broccoli, cauliflower, cabbage
- Colorful veg: peppers, carrots, tomatoes
- Onions, garlic and fresh herbs
- Berries, apples, bananas and seasonal fruit
- Avocados and citrus

Aim for a wide range of colors for varied nutrients.

## Legumes & Plant Proteins

- Dried or low-sodium canned beans (black, kidney, cannellini)
- Lentils and split peas
- Chickpeas and hummus
- Firm and silken tofu
- Tempeh
- Edamame and seitan

Include a protein source at most meals.

## Whole Grains & Starches

- Rolled or steel-cut oats
- Brown rice and quinoa
- Whole-grain bread and wraps
- Whole-grain pasta
- Potatoes and sweet potatoes
- Barley, farro or buckwheat

Whole grains add fiber and pair well with legumes.

## Plant Milks & Dairy Alternatives

- Unsweetened soy, oat or almond milk
- Calcium-fortified plant milk
- Dairy-free yogurt, ideally fortified
- Vegan cheese for occasional use
- Plant-based butter or spread

Fortified options help replace dairy calcium.

## Nuts, Seeds & Healthy Fats

- Almonds, walnuts and cashews
- Natural peanut or almond butter
- Chia and ground flaxseed
- Pumpkin and sunflower seeds
- Tahini

- Extra-virgin olive oil

Flax, chia and walnuts provide plant omega-3s.

## **Pantry, Fortified Foods & Extras**

- Nutritional yeast for a cheesy, B-vitamin boost

- Vitamin B12 supplement or B12-fortified foods

B12 is essential on a vegan diet and not reliable from plants alone.

- No-salt-added canned tomatoes and coconut milk

- Low-sodium vegetable broth and spices

- Frozen vegetables and fruit

- Important: this is general information, not nutritional or medical advice

For a balanced vegan diet and any supplements, consult a doctor or registered dietitian.