

The Ultimate Vegan Shopping List

by The Friendly Fig

Vegetables

- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Corn
- Cucumbers
- Escarole
- Frozen Variety
- Green Beans
- Kale
- Mushrooms
- Onions
- Peas
- Peppers
- Potatoes
- Romaine Lettuce
- Spinach
- Squash
- Sweet Potatoes
- Swiss Chard
- Tomatoes
- Yams
- Zucchini

Fruits

- Avocado
- Bananas
- Blackberries
- Blueberries
- Cherries
- Figs
- Frozen Variety
- Grapefruit
- Lemons
- Limes
- Kiwi
- Nectarines
- Oranges
- Peaches
- Pineapple
- Raspberries
- Watermelon

Whole Grains

- Barley
- Brown Rice
- Farro
- Oats
- Quinoa
- Sprouted Grain Bread
- Whole Wheat Couscous
- Whole Wheat / Brown Rice Pasta

Nuts & Seeds

- Almonds
- Almond Butter
- Almond Meal
- Cashews
- Flaxseed
- Flaxseed Oil
- Peanut Butter
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

Condiments & Liquids

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Oil
- Cooking Spray
- Earth Balance Butter
- Hummus
- Mustard
- Non-Dairy Milk
- Olive Oil
- Sesame Oil
- Salsa
- Tahini
- Tomato Paste
- Vegetable Stock
- White Vinegar

Superfoods

- Acai Smoothie Packs
- Acai Powder
- Cacao Nibs
- Chia Seeds

Baking Needs

- Unsweetened Applesauce
- Baking Powder
- Baking Soda
- Brown Sugar
- Cacao Powder
- Coconut Milk (Full Fat)
- Ground Flaxseed
- Dark Chocolate Chips
- Turbinado Raw Cane Sugar
- Unsweetened Cocoa Powder
- Vanilla Extract
- Whole Wheat Flour

Beans/Legumes

- Black Beans
- Butter Beans
- Chickpeas
- Edamame
- Kidney Beans
- Lentils
- Pink Beans
- Tempeh
- Tofu

Spices & Herbs

- Black Pepper
- Basil (fresh and dry)
- Cayenne
- Chili Powder
- Cinnamon
- Curry Powder
- Crushed Red Pepper
- Garlic (fresh)
- Garlic Powder
- Ginger (fresh and dry)
- Oregano
- Rosemary (fresh and dry)
- Sea Salt
- Turmeric

Sweeteners

- Agave Nectar
- Medjool Dates
- Pure Maple Syrup

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