

VEGAN SHOPPING LIST

**TRYING VEGAN FOR THE FIRST TIME?
OR JUST GETTING STARTED ON CHOOSING PLANT-BASED PRODUCTS?**

**OUR VEGAN SHOPPING LIST HAS ALL THE ESSENTIALS
FOR YOUR SHOPPING TRIP:**

- Fruit
- Vegetables
- Bread (check it's vegan)
- Plant milk
- Vegan 'cheese'
- Dairy-free yoghurt
- Pasta (check it's vegan)/
pulses/lentils
- Vegan protein/meat alternative/
tofu
- Vegan mayonnaise
(or other condiments)
- Vegan chocolate/Ice cream/
desserts
- Vegan snacks, nuts, seeds
and dried fruit
- Oats
- Marmite/Yeast extract
- Vegan 'butter'
- Pre-rolled pastry
(check it's vegan)

For cooking and baking:

- Agar-agar
- Nutritional yeast
- Vegetable stock
- Vegetable bouillon
- Miso
- Oils
- Egg replacement
- Honey replacement
- Blackstrap molasses
- Ground flax seeds
- Ground spices such as chilli,
cumin, cinnamon, paprika,
turmeric
- A blender

