



Spring 30-Day Vegan Challenge

Shopping List

Below you'll find a detailed vegan shopping list. You don't need to purchase everything on the list, but it is a good guide for knowing how to restock your kitchen. Keep your kitchen well stocked, so that you can always cook up a delicious and nutritious meal.

If you only go grocery shopping once a week, you can easily store vegetables in the refrigerator. My favorite way to store greens and herbs is by placing them in a glass jar, covering it with a plastic bag and keeping it in the fridge. Keep vegetables like squash, carrots, broccoli, cauliflower, cabbage (etc...) in a bag in the fridge. Keep mushrooms in a paper bag to avoid excess moisture from accumulating. Produce like tomatoes, most fruit, potatoes, winter squash, onions and garlic can stay out on the counter.

As for where to shop, I love Whole Foods, Trader Joe's and my local Farmer's Market. Whole Foods is great for buying dried goods (beans, grains, nuts, etc) in bulk. Trader Joe's is the place to go for nut milks, canned goods, some produce and frozen foods. Finally, your local farmer's market is the best for finding the greatest value on fresh local produce.

p.s. Seasonal Spring produce is noted with an *. You may have more or less in season depending on where you live.

Vegetables:

Kale
Collard Greens
Spinach*
Swiss Chard (or Rainbow or Green Chard)
Watercress*
Leeks*
Asparagus*
Spring Peas*
Fava Beans*
Broccoli
Cauliflower
Celery
Fennel*
Carrots*
Artichoke*
Eggplant
Beets
Sweet Potatoes



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Mushrooms*

Bell Peppers

Avocado* (technically a fruit)

Tomatoes (technically a fruit)

Onions*

Garlic

Shallots

Ginger

Turmeric

Herbs:

Thyme

Sage

Rosemary

Cilantro

Parsley

Chives*

Fruit:

Mango*

Strawberries*

Apricots*

Blueberries

Apples

Pears

Bananas

Pineapple*

Kiwi

Lemons

Oranges

Grains (gluten-free is gf)

Brown Rice **gf**

Quinoa **gf**

Millet **gf**

Farro

Barley



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Oats (**gf** only if specified)

Amaranth **gf**

Buckwheat **gf**

Cous Cous

Bulgar

Kamut

Wild Rice **gf**

Polenta/Grits **gf**

Dried Legumes:

Black Beans

Chickpeas

Black Eyed Peas

Pinto

Kidney

Cannellini

Lentils (French, Red, Green, Brown)

Green Split Peas

Mung beans

Nuts & Seeds:

Almonds

Walnuts

Pecans

Pistachios

Cashews

Macadamia

Pumpkin Seeds

Sunflower Seeds

Hemp Seeds

Flax Seeds

Chia Seeds

Sesame Seeds

Canned + Jarred Goods:

Beans

Tomatoes (sauce, paste, diced)



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Soups (low-sodium!)

Pasta & Noodles (with or without gluten):

Spaghetti

Fusilli

Rigatoni

Lasagna

Soba (buckwheat noodles)

Udon

King Soba (**GF** noodles)

Brown Rice spring roll wraps

Rice Noodles

Sea Vegetables:

Wakame

Nori

Arame

Dulse

Hijiki

Kelp

Snacks:

Popcorn

Tortilla Chips

Crackers

Dried Fruit

Snack Bars

Granola

Rice Crackers

Pretzels

Potato Chips

Chocolate

Frozen:

Gluten Free bread

Pizza

Vegetables (peas, greens, herbs, corn)



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Fruit (berries, pineapple, peaches, mango)

Ice cream (soy , almond or coconut based)

Sorbet

Waffles

Meatless Nuggets

Veggie burgers

Soy Products/Proteins:

Tempeh

Tofu

Deli “meats”

Hot Dogs

Oils:

Olive

Coconut

Toasted Sesame

Avocado

Pumpkin Seed

Walnut

Grapeseed

Organic Canola

Spices:

Sea Salt

Black Pepper

Cumin

Cayenne

Red Pepper Flakes

Chili Powder

Chipotle Powder

Fennel Seeds

Turmeric

Cinnamon

Coriander

Nutmeg

Cloves

Sumac

Harissa paste



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Thyme
Curry Powders
Garam Masala
Berbere
Allspice
Bay leaves

Condiments:

Mustard
Ketchup
Vinegar (Raw Apple Cider, Balsamic, Champagne, Umeboshi, Red Wine, Brown Rice)
BBQ sauce
Miso
Sauerkraut
Kimchi
Soy Sauce
Salsa
Nutritional Yeast

Non-dairy:

Milks: Soy, Almond, Hemp, Rice, Oat, Coconut, Hazelnut
Yogurt: Soy, almond, coconut
Ice Cream: soy, almond, coconut, hemp
Creamers
Butter (Earth Balance)
Cream Cheese (Tofutti)
Cheese (soy based, tapioca or nut based. Avoid whey, rennet & casein; all animal ingredients)

Sweeteners: (my favorites are marked with an *)

Sugars (demerara, turbinado, sucanat)
Agave
Coconut Nectar + Crystals*
Brown Rice Syrup
Maple Syrup*
Yacon Syrup
Stevia

Baking:



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Vanilla Extract

Flours (Unbleached All-purpose, whole wheat, whole wheat pastry, spelt, gluten free)

Chocolate Chips

Cocoa Powder

Baking Powder

Baking Soda

Egg replacer

Flax Seeds

Apple Cider Vinegar

Superfoods:

Cacao Powder & Nibs

Spirulina

Maca

Mulberries

Goji Berries

Acai

Chlorella