VEGAN SHOPPING LIST

FRUITS
Fresh Fruits
Apple
Apricot
Banana
Cherry
Grape
Mango
Passion Fruit
Peach
Pear
Pineapple
Papaya
Plum
Pomegranate
Watermelon
Berries
Blackberry
Blueberry
Raspberry
Strawberry
Citruses
Clementine
Grapefruit
Lemon
Lime
Mandarin
Orange

Frozen Fruits
Blueberry
Forest Fruits
Mango
Pineapple
Sour Cherry
Strawberry

Dried Fruits
Cranberry
Coconut
Dates
Figs
Goji Berries
Mango
Papaya
Plum
Pineapple
Raisins

Nuts
Almond
Cashew
Chestnut
Peanut
Pecan
Pine Nut
Walnut

Seeds
Chia
Flax
Hemp
Pumpkin
Sesame
Sunflower

Butters
Almond
Hazelnut
Peanut
Tahini
PB Margarine

VEGETABLES
Fresh Lettuces
Butterhead
Iceberg
Italian Mix
Kale
Little Gem
Red Leaf
Romaine
Rocket Leaves
Spinach

Fresh Veggies
Avocado
Basil
Celery
Corn
Cucumber
Radish
Tomato
Bell Pepper
Scallions
Chilli Pepper
Snack Peppers

Veggies for Wok
Asparagus
Aubergine
Broccoli
Brussel Sprouts
Cauliflower
Courgette
Garlic
Ginger
Green Beans
Onion
Mushroom
Potato
Sweet Peas
Sweet Potato

Dry Legumes
Chickpeas
Blackbeans
Kidney Beans
Lentils

Pickled Veggies
Beetroot
Cabbage
Gherkins
Jalapeno
Olives

Frozen Veggies
Italian Mix
Potato Fries
Sweet Corn
Sweet Pea
Sweet Potato

Vegan Protein
Houmous
Tempeh
Tofu
Seitan

PB Alternatives
Meat Free Mince
Vegan Burgers
Vegan Lasagne
Vegan Pizzas
Vegan Sausages

Vegan Dairy
Almond Milk
Cashew Milk
Coconut Milk
Hemp Milk
Oatmilk
Rice Milk
Soy Milk
Vegan Yogurts
Vegan Cheeses
Vegan Ice Cream

Canned Food
Aduki Beans
Black Beans
Butter Beans
Chickpeas
Haricot Beans
Lentil Sup
Olives
Tomato Sup
Sweetcorn

Rice/Noodles
Basmati Rice
Long Grain Rice
Soba Noodles
Ramen Noodles
Rice Noodles
PB Pasta

Sauces/Oils
Cider Vinegar
Hot Sauce
Olive Oil
Pasta Sauce
PB Mayonnaise
Soy Sauce
Vegan Pesto

Juice/Smoothie
Apple Juice
Coconut Water
Mango Passion
Orange Juice
Pineapple
Strawberry
Tropical Juice

Bread/Cereal
Organic Oats
Vegan Muesli
Vegan Bread

Spices
B12 Yeast Flakes
Basil
Black Pepper
Chilli Flakes
Cinnamon
Cumin
Curry
Himalayan Salt
Marjoram
Oregano
Smoked Paprika
Turmeric
Veg Stock Cubes

Sweeteners
Agave Nectar
Date Syrup
Maple Syrup
Rice Syrup

Sweets/Snacks
Crispy Seaweed
Dark Chocolate
Nakd Bars
Trek Bars

Brands to Find
Alpro
Beyond Meat
Cauldron
Happy Pear
Linda McCartney
Nakd Bars
Oatly
Plant Chef
Plant It
Quorn
Tesco Free From
Tofoo Co.
Trek Bars
Vemondo
Violife