

Vegan SHOPPING LIST

Vegetables

Packed with phytonutrients and fibre- aim for 5-7 servings. Follow the Dirty Dozen and Clean Fifteen when choosing organic.*

- Asparagus
- Beets
- Bell peppers (red pepper contain more vitamin C than oranges)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Garlic
- Leeks
- Onion
- Potato
- Pumpkin
- Sprouts (try sprouting at home for the freshest option)
- Spaghetti squash (spaghetti replacement)
- Butternut squash
- Sweet potato

- Tomato (may be inflammatory for some, so avoid eating these daily if required)
- Yams
- Zucchini

Legumes

Fresh or dried is best, but canned legumes are great in a pinch

- Azuki beans
- Black beans
- Black eyed peas
- Cannellini (white) beans
- Chickpeas
- Edamame
- Fava beans
- Green beans
- Green and yellow peas
- Kidney beans
- Lentil (red, yellow, puy)
- Mung beans
- Navy beans
- Pinto beans
- Snow and sugar snap peas
- Split peas

Fruits

Aim for 2-3 servings per day for your daily antioxidants. Follow the Dirty Dozen and Clean Fifteen when choosing organic.

- Apples (so versatile! Eat on their own or make into applesauce,
- Avocado
- Jackfruit (has a meaty texture and a great substitute for pulled pork)
- Dried fruit (keep to a minimum- they concentrate sugar and should be eaten as a treat!)
- Bananas (freeze these for a vegan frozen treat later!)
- Berries (blackberry, blueberry, strawberry, raspberry)
- Cherries
- Grapefruit (caution this with certain medications!)
- Kiwis
- Lemon/Lime
- Mangoes
- Melons- watermelon, honeydew, cantaloupe
- Oranges
- Peaches
- Pears
- Plus
- Pomegranate

Leafy Greens

These can be steamed, eaten raw or blended up into a smoothie

- Arugula

- Beet greens
- Bok choy
- Kale
- Romaine
- Spinach
- Swiss chard
- Watercress
- Wheatgrass

Whole Grains (including breads and pastas)

- Amaranth
- Barley
- Buckwheat (try this instead of oatmeal for breakfast with your favourite toppings)
- Bulgar
- Millet
- Oats
- Quinoa
- Rye
- Rice- brown/wild
- Spelt

Healthy Fats

Polyunsaturated fats and omega 3/6 fatty acids are the focus

- Avocado
- Olives

Nuts

- Almonds/almond butter
- Brazil nuts
- Cashews/cashew butter
- Chestnuts
- Hazelnuts
- Macadamia nuts
- Peanuts/peanut butter
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- Tiger nuts

Seeds

- Chia seeds
- Flax seeds (ground flax makes a great substitute for eggs)
- Hemp seeds
- Pumpkin seeds
- Sesame seeds/tahini
- Sunflower seeds/sunflower butter

Oils

- Coconut oil (replacement for butter)
- Extra virgin olive oil
- Avocado oil
- Grapeseed oil
- Sesame oil

Dairy Substitutes/mylks

- Almond milk
- Oat milk (best for lattés!)
- Cashew milk
- Coconut milk
- Coconut yogurt (great for a treat, or to make dips and sauces)
- Hemp milk
- Rice milk
- Soy milk
- Tempeh
- Tofu

Condiments and Sauces

- Agar agar (replacement for gelatin)
- Mustard
- Siracha sauce
- Sun dried tomatoes
- Apple cider vinegar
- Balsamic vinegar
- Tomato paste
- Curry paste
- Coconut milk/cream
- Hummus

Sweeteners

- Agave
- Coconut sugar
- Date syrup

- Maple or birch syrup
- Molasses
- Organic cane sugar
- Rice syrup
- Stevia

Baking Goods

- baking powder
- baking soda
- cocoa

Beverages and miscellaneous

- Filtered water
- Coconut water
- Fair trade coffee
- Herbal and black teas
- Mushrooms
- Nutritional yeast

Processed and Snacky Vegan Foods

Definition: Always focus on whole foods, and try to make your own, but if you must purchase them premade, keep to a minimum!

- Veggie burgers
- Nori seaweed snacks
- Vegan cheeses for spreads or when making pizzas or pastas

- Salsa
- Guacamole
- Applesauce
- Curry paste
- Kala namak salt (to add egg flavor to dishes)
- Soy sauce or tamari
- Harissa
- Miso paste

Kitchen Essentials

My absolute favourite additions to your kitchen to do more of this on your own

- Professional blender (don't cheap out on this one!)
- Nut mylk bags
- Spiralizer
- Mandolin slicer
- Sprouter

Health Care Essentials

- Methylcobalamin (Vitamin B12)
- Vegan Vitamin D
- Marine Algae DHA

*www.ewg.org

