

the carrot underground



Welcome to The **Carrot** Underground!

We're all about celebrating the goodness of vegan living - after all - it's good for you, good for the animals, & good for the planet! And it's much easier than you may think. With so many delicious and nutritious foods and plant-based products available today, there's never been a better time to be vegan! The sky's the limit when it comes to creating scrumptiously satisfying meals. Our goal is to provide you with inspiration, amazing recipes, & the tools you'll need to make vegan living your best decision ever!

I've created this Vegan Shopping List for you to use as an example of the wide variety of foods and essential ingredients you may want to keep on hand in your kitchen. It lists most of the basic 'staples' I keep in my pantry & fridge. I have included many of my favorite brands/products - some are conveniently available on **Amazon** & **AmazonFresh***

 Shopping Tips:

I prefer to purchase fresh seasonal veggies and produce when I know I'm going to use them right away. Tender salad greens, tomatoes, and avocados are best used within a few days of purchase. I keep fresh lemons, limes, garlic, and onions on hand. I'm crazy about having at least one live basil plant on my kitchen counter... oh that aroma! I always prefer organic & love to shop farmers markets & support local vegan purveyors & vendors. And I make sure to bring along several **reusable produce bags!**

*Disclosure: As an Amazon Associate, this post may contain affiliate links. The Carrot Underground may earn a small fee at no extra cost to you on any purchases made through those links.

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Vegan Shopping List



BAKING ESSENTIALS

- Arrowroot
- Baking Powder
- Baking Soda
- Chocolate Chips - **Guittard**
- Coconut – unsweetened flaked
- Cornmeal
- Cornstarch
- Cream of Tartar
- Extracts – vanilla, lemon, rum
- Flour(s)- wheat, whole grains, gluten-free
- Lecithin** (for making butter)
- Xanthum Gum** (for meringue)
- Yeast
- _____
- _____



BEANS & LEGUMES (dried or canned)

- Black Beans
- Cannellini Beans
- Garbanzo Beans/Chickpeas
- Great Northern Beans
- Green Beans
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- _____
- _____

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CEREALS AND GRAINS

- Barley
- Farro
- Granola – [Kind](#), [Purely Elizabeth](#)
- Oatmeal – [Bob's Red Mill Organic Thick Rolled Oats](#)
- Quinoa
- Rice – Basmati, Brown, Wild Rice
- Spelt
- _____
- _____



CONDIMENTS

- Hot Sauce – Cholula, Tabasco Red or Green, [Tapatio](#), [Sriracha](#)
- Ketchup – [Annie's Organic](#)
- Liquid Aminos – [Bragg](#)
- Mayonnaise – [Just Mayo](#)
- Mustard – [Annie's Naturals Organic](#)
- Nutritional Yeast (aka 'Nooch')- [Sari Foods](#) or [Bragg](#)
- Tamari Soy Sauce – [San-J Organic](#)
- Worcestershire Sauce
- _____
- _____

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DAIRY & EGG REPLACERS

Butter

- Earth Balance or [Miyoko's](#)
- _____

Cheese

- Cream Cheese – [Kite Hill](#), [Miyoko's](#), or [Violife](#) (each brand is really great.)
- Mozzarella – [Miyoko's](#)
- Parmesan – [Violife](#)
- Ricotta – [Kite Hill](#)
- Sliced Cheese – [Field Roast 'Chao'](#) or [Violife](#) (great for grilled cheese sandwiches)
- _____

Egg Replacers

- [Ener-G](#) (great for baking)
- [Follow Your Heart VeganEgg](#) (great for baking)
- [Just Egg](#) (perfect for quiche, French toast & scramble)
- _____

Ice Cream

- [SO Delicious](#) (I'm crazy about their Cashew Salted Caramel Cluster)
- [Ben & Jerry's](#)
- _____

Milk

- Almond, Coconut Milk/Cream, Hemp, Oat, Rice, Soy, Cashew
- _____

Yogurt

- [SO Delicious](#) (I LOVE their Key Lime)
- _____

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FRUITS AND VEGETABLES (Frozen, bottled, or canned)

- Apple Sauce
- Artichoke Hearts
- Olives
- Pasta Sauce
- Pears
- Peaches
- Pickles
- Pineapple
- Tomatoes – whole, diced, crushed
- _____
- _____

MEAT-LIKE REPLACERS

- Brats – **Beyond Meat**
- Burgers – **Beyond Meat 'The Beyond Burger'**
- Chicken – **Gardein Crispy Tenders**
- Jackfruit – canned in brine
- Meatballs – Trader Joe's Meatless Meatballs
- Sausages – **Beyond Meat Sausages, Field Roast Italian Sausages**
- Tofu (Medium and Firm)
- _____
- _____

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NUTS & NUT BUTTERS

- Almonds
- Almond Butter
- Cashews
- Macadamia
- Peanuts
- Peanut Butter
- Pecans
- Pistachios
- Walnuts
- _____
- _____

OILS

- Avocado
- Canola
- Coconut
- Flaxseed
- Grapeseed
- Olive - Extra Virgin
- Sesame
- _____
- _____

PASTA

- Angel Hair
- Fettuccine
- Linguine
- Penne
- Ravioli – Kite Hill
- Shells – Jumbo
- Spaghetti
- _____
- _____

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SEEDS

- Chia
- Flax
- Hemp
- Pumpkin
- Sunflower
- _____
- _____



SOUPS

- Assorted Vegan Soups – bottled, canned, or boxed
- Vegan Bouillon**
- Vegan Vegetable Broth
- _____
- _____



SPICES & SEASONINGS

- | | |
|---|---|
| <input type="checkbox"/> Basil – sweet | <input type="checkbox"/> Italian Seasoning |
| <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Marjoram |
| <input type="checkbox"/> Black Pepper – whole | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Oregano |
| <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Red Pepper Flakes |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Sage |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Sea Salt |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Spike Gourmet Natural Seasoning |
| <input type="checkbox"/> Curry Powder | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Garlic Salt | <input type="checkbox"/> Turmeric |
| <input type="checkbox"/> Himalayan Black Salt – aka Kala Namak | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Himalayan Pink Salt | <input type="checkbox"/> _____ |

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SWEETENERS

- Blue Agave Nectar
- Dates – date sugar
- Maple Syrup
- Organic Brown Sugar
- Organic Vegan Powdered Sugar
- Organic Vegan Granulated Sugar
- _____



VINEGAR

- Apple Cider
- Balsamic
- Red Wine
- White
- _____
- _____