

MY *vegan* GROCERY LIST



Your go-to guide for
plant-based pantry essentials.

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Shopping for groceries just got easier & tastier.

Whether you're new to vegan living or just looking to simplify your shopping trips, this printable vegan grocery list is the perfect tool to help keep your pantry stocked and your meals inspiring! I've gathered my favorite everyday plant-based staples into one easy, organized checklist.

Here are the sections I have included in this grocery list:

- Baking Supplies
- Beans & Legumes
- Breads
- Canned Goods
- Cereals & Grains
- Condiments
- Dairy & Egg Substitutes
- Dips, Dressings & Sauces
- Fruits & Vegetables
- Meat Replacers
- Nuts & Nut Butters
- Oils
- Pasta
- Seasonings & Spices
- Seeds
- Soups & Broth
- Sweeteners
- Vinegars



PLUS - a printable template for you to create your own lists!

Please be sure to read the labels on the products you buy - particularly processed or packaged foods with multiple ingredients. Never assume something is vegan even if the label says "veggie", "vegetarian", or "plant-based" as it might contain animal-derived ingredients. Breads, cereals, crackers, and snacks often contain dairy, eggs, or honey. When in doubt, look for products labeled "vegan or **vegan certified**".

While this shopping list does not include personal or household items, I do encourage you to support companies that do not test on animals or use animal-derived ingredients. Look for the **Leaping Bunny logo** or **download the app** to find compassionate & cruelty-free skin care and household products.

Learn all my tops tips for vegan shopping in **this helpful article**.

PLEASE NOTE: Text shown in **orange** are links to posts on thecarrotunderground.com. Text in **green** are links to my preferred products on amazon.com. As an Amazon Associate I earn from qualifying purchases, which means I may receive a small fee at no additional cost to you. This allows me to continue creating free content for you to enjoy. Thank you kindly for your support! ♥

DISCLAIMER: This grocery list is intended for informational and inspirational purposes only. I am not a licensed medical professional. The items listed reflect foods I personally enjoy and use in my home. Please consider your own nutritional needs, food-related allergies, special diets, and any health concerns before using this guide. Always read product labels carefully, as ingredients can vary by brand. If you are considering making a dietary change, especially for medical reasons, please consult with a qualified healthcare provider or registered dietitian to determine what is best for your individual health and wellness.

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☒ BAKING SUPPLIES

- ☐ Arrowroot (for thickening)
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Chocolate Chips - **Guittard**
- ☐ Coconut - unsweetened flaked
- ☐ Cornmeal
- ☐ Cornstarch (for thickening)
- ☐ Cream of Tartar
- ☐ Egg Replacers - **Bob's Red Mill, Ener-G**
- ☐ Extracts - vanilla, lemon, rum
- ☐ Flour - wheat, oat, almond, GF
- ☐ Lecithin (for **vegan butter**)
- ☐ Tapioca Flour (for thickening)
- ☐ Xanthan Gum (for **meringue**)
- ☐ Yeast
- ☐
- ☐
- ☐
- ☐
- ☐

☒ BEANS & LEGUMES

- ☐ Black Beans
- ☐ Black-Eyed Peas
- ☐ Cannellini Beans
- ☐ Edamame
- ☐ English Peas
- ☐ Garbanzo Beans (Chickpeas)
- ☐ Great Northern Beans
- ☐ Green Beans
- ☐ Kidney Beans
- ☐ Lentils
- ☐ Navy Beans
- ☐ Pinto Beans
- ☐ Red Beans
- ☐ Soy Beans
- ☐ Split Peas
- ☐
- ☐
- ☐
- ☐
- ☐

MY *vegan* GROCERY LIST



☒ BREADS

☐ *(Always check ingredients)*

☐ **Loaf Breads**

☐ Baguette

☐ Ciabatta

☐ French bread

☐ Italian bread

☐ Multigrain bread

☐ Potato bread

☐ Pumpernickel

☐ Rustic country bread

☐ Rye bread

☐ Seeded sandwich bread

☐ Sourdough

☐ Sprouted grain bread (**Ezekiel**)

☐ Whole wheat bread

☐ **Round Breads**

☐ Bagels

☐ Bialys

☐ English muffins

☐ **Irish Soda Bread**

☒ BREADS cont.

☐ **Flat Breads**

☐ Chapati

☐ Focaccia

☐ Fry bread (vegan)

☐ Injera (Ethiopian flatbread)

☐ Lavash

☐ Matzo (plain varieties)

☐ Naan (vegan)

☐ Pita (white or whole wheat)

☐ Roti

☐ Socca (naturally vegan)

☐ **Wraps and Buns**

☐ Burger buns

☐ Corn tortillas

☐ Flour tortillas (lard -free)

☐ Hoagie rolls / sub rolls

☐ Hot dog buns

☐ **Pizza dough**

☐ Spinach or tomato wraps

☐ Whole wheat wraps

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☒ CANNED GOODS

- ☐ Applesauce
- ☐ Artichoke hearts
- ☐ Baby corn
- ☐ Bamboo shoots
- ☐ Baked beans
- ☐ Bean sprouts
- ☐ Beets
- ☐ Black beans
- ☐ Black-eyed peas
- ☐ Butter beans
- ☐ Cannelini beans
- ☐ Carrots
- ☐ Chickpeas (garbanzo beans)
- ☐ Chili beans
- ☐ Coconut cream
- ☐ Coconut milk
- ☐ Corn (sweet corn, creamed corn)
- ☐ Cranberry sauce
- ☐ Dolmas (stuffed grape leaves)
- ☐ Fava Beans

☒ CANNED GOODS cont.

- ☐ Green beans
- ☐ Green chiles
- ☐ Jackfruit (green - in brine)
- ☐ Jalapeños
- ☐ Kidney beans
- ☐ Mixed vegetables
- ☐ Navy beans
- ☐ Olives (black, green, kalamata)
- ☐ Peaches
- ☐ Pears
- ☐ Pepperoncini
- ☐ Pickles
- ☐ Pineapple (chunks, rings, crushed)
- ☐ Tomato paste
- ☐ Tomato sauce
- ☐ Tomatoes - crushed
- ☐ Tomatoes -diced
- ☐ Tomatoes- stewed
- ☐ Tomatoes-whole
- ☐ Water chestnuts

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☒ CEREALS & GRAINS

- ☐ Barley
- ☐ Bulgar
- ☐ Farro
- ☐ Granola
- ☐ Oatmeal
- ☐ Muesli
- ☐ Quinoa
- ☐ Rice
- ☐ Spelt
- ☐

☒ CONDIMENTS

- ☐ Honey (vegan)
- ☐ Hot Sauce
- ☐ Ketchup
- ☐ Liquid Aminos - **Bragg**
- ☐ Mayonnaise (vegan)
- ☐ Mustard
- ☐ Nutritional Yeast - **Sari Foods**
- ☐ Soy Sauce
- ☐ Worcestershire Sauce (vegan)

☒ DAIRY & EGG SUBSTITUTES

- ☐ Butter - **Earth Balance, Miyoko's**
- ☐ Cream Cheese - **Kite Hill, Miyoko's**
- ☐ Feta - **Violife, Follow Your Heart**
- ☐ Mozzarella - **Miyoko's**
- ☐ Parmesan - **Violife**
- ☐ Ricotta - **Kite Hill**
- ☐ Sliced Cheese - **Chao, Violife**
- ☐ Egg Replacer - **JUST Egg** (omelets)
- ☐ Ice Cream - **SO Delicious**
- ☐ Milks - almond, cashew, coconut
- ☐ coconut, hemp, oat, rice, soy
- ☐ Whipped Topping - **CocoWhip**
- ☐ Yogurt - **Forager, SO Delicious**
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

MY *vegan* GROCERY LIST



☒ **DIPS, DRESSINGS, & SAUCES**

☐ Applesauce

☐ Barbecue Sauce

☐ Cheese Sauce

☐ Hummus

☐ Pasta Sauces

☐ Pesto

☐ Pico De Gallo

☐ Salsas

☐ Tahini

☐ Tzatziki

☒ **FRUITS & VEGETABLES**

☐ Apples

☐ Apricots

☐ Artichokes

☐ Asparagus

☐ Avocados

☐ Bananas

☐ Beets

☐ Berries

☐ Bok Choy

☐ Broccoli

☐ Brussels Sprouts

☐ Cabbage

☐ Carrots

☐ Cauliflower

☐ Celery

☐ Cherries

☐ Citrus - lemon, lime, oranges ... etc

☐ Corn

☐ Cranberries

☐ Cucumbers

☐ Dates

☐ Figs

☐ Garlic (whole or bottled)

☐ Grapes

☐ Jackfruit

☐ Kale

☐ Leafy Greens

☐ Lettuces

☐ Mango

☐ Melons

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☒ FRUITS & VEGETABLES cont.

- ☐ Mushrooms
- ☐ Nectarines
- ☐ Olives
- ☐ Onions
- ☐ Peaches
- ☐ Pears
- ☐ Peas
- ☐ Persimmons
- ☐ Pineapple
- ☐ Plums
- ☐ Potatoes
- ☐ Prunes
- ☐ Radishes
- ☐ Raisins
- ☐ Rhubarb
- ☐ Salad Greens
- ☐ Sauerkraut
- ☐ Spinach
- ☐ Squash (zucchini, yellow, acorn)
- ☐ Tomatoes

☒ MEAT REPLACERS

- ☐ Burgers - **Beyond Burger**,
- ☐ **Dr. Praeger's**
- ☐ Chick'n Tenders - **Gardein**,
- ☐ **Impossible, Beyond**
- ☐ Sausage - **Beyond, Field Roast**
- ☐ Seitan
- ☐ Soy Curls
- ☐ Tempeh
- ☐ Tofu
- ☐ TVP (Texturized Vegetable Protein)

☒ NUTS & NUT BUTTERS

- ☐ Almonds
- ☐ Cashews
- ☐ Hazel Nuts
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pine Nuts
- ☐ Pistachios
- ☐ Walnuts

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☒ OILS

- ☐ Avocado
- ☐ Canola
- ☐ Coconut
- ☐ Flaxseed
- ☐ Grapeseed
- ☐ Olive - Extra Virgin
- ☐ Peanut
- ☐ Sesame

☒ PASTA

- ☐ Cannelloni or Shells
- ☐ Farfalle (Bow Tie)
- ☐ Fettucini
- ☐ Fusilli (Spiral)
- ☐ Lasagne
- ☐ Linguine
- ☐ Macaroni
- ☐ Orzo
- ☐ Penne
- ☐ Rigatoni
- ☐ Spaghetti

☒ SEASONINGS & SPICES

- ☐ Basil (fresh or dried)
- ☐ Bay Leaves
- ☐ Cayenne
- ☐ Chili Powder
- ☐ Chives (fresh or dried)
- ☐ Cinnamon (ground or sticks)
- ☐ Cilantro (fresh or dried)
- ☐ Cloves (whole or ground)
- ☐ Coriander
- ☐ Cumin
- ☐ Curry Powder
- ☐ Dill Weed (fresh or dried)
- ☐ **Eggcellent Spice Mix**
- ☐ Ginger (fresh or powdered)
- ☐ Garlic (fresh or powdered)
- ☐ Garlic Salt
- ☐ Himalayan Black Salt (Kala Namak)
- ☐ Himalayan Pink Salt
- ☐ Italian Seasoning
- ☐ Marjoram

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☒ SEASONINGS & SPICES cont.

- ☐ Nutmeg (whole or ground)
- ☐ Old Bay (all-purpose seasoning)
- ☐ Onion (powdered, dried & minced)
- ☐ Oregano
- ☐ Paprika
- ☐ Pepper (whole or ground)
- ☐ Red Pepper Flakes
- ☐ Rosemary (fresh or dried)
- ☐ Sea Salt
- ☐ Tarragon
- ☐ Thyme
- ☐ Turmeric

☒ SEEDS

- ☐ Chia
- ☐ Flax
- ☐ Hemp
- ☐ Poppy
- ☐ Pumpkin
- ☐ Sesame
- ☐ Sunflower

☒ SOUPS & BROTH

- ☐ Soups (vegan, packaged)
- ☐ Ramen (vegan)
- ☐ Vegan Bouillon - **cubes** or **paste**
- ☐ Vegetable Broth
- ☐

☒ SWEETENERS

- ☐ Agave Nectar
- ☐ Coconut Sugar
- ☐ Date Sugar or Paste
- ☐ Honey (vegan)
- ☐ Maple Syrup
- ☐ Organic Brown Sugar
- ☐ Organic Granulated Sugar
- ☐ Powdered Sugar (confectioner's)

☒ VINEGARS

- ☐ Apple Cider Vinegar
- ☐ Balsamic (red and white)
- ☐ Distilled White Vinegar
- ☐ Rice Vinegar
- ☐ Red and White Wine Vinegar

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