

# VEGAN ACADEMY

# GROCERY LIST

YOUR FIRST SHOP WILL BE MORE EXPENSIVE BECAUSE YOU'RE BUYING STAPLES THAT WILL LAST A LONG TIME  
LEFTOVER MEALS OR VEGETABLES CAN BE USED OVER THE NEXT FEW DAYS OR FROZEN

## FRUIT

- BANANAS 2-3 LARGE BUNCHES
- GRAPES
- 3-5 APPLES
- 3 SNACK-ABLE ORANGES
- 3 LIMES
- 1 LEMON
- PACK OF TOMATOES
- FROZEN BERRIES
- DRIED MIXED FRUIT (OR FRUIT AND NUT MIX)
- DATES
- BOTTLE OF FRUIT JUICE
- FRUIT JAM (JELLY)
- (+ANY OTHER FRUITS YOU ENJOY)

## VEGETABLES

- 2-3 BAGS OF GREENS E.G. SPINACH, ROCKET, KALE
- FRESH HERBS E.G. BASIL, PARSLEY, CORIANDER
- STIR FRY VEGETABLE MIX (FRESH OR FROZEN)
- 3 CARROTS
- HEAD OF BROCCOLI
- CAULIFLOWER
- CELERY
- 2-4 AVOCADOS (DEPENDING ON SIZE)
- RAW BEETROOT
- PACK OF ONIONS (PURPLE ARE HEALTHIER)
- BULB OF GARLIC
- PACK OF MUSHROOMS
- 1 LARGE SWEET POTATO
- LARGE BAG OF POTATOES
- PACK OF BELL PEPPERS
- FROZEN MIXED VEGETABLES

## BEANS

- DRIED LENTILS
- 2 CANS OF CHICKPEAS
- 2 CANS OF KIDNEY BEANS
- 1 BLOCK OF FIRM TOFU (IN FRIDGE AREA)
- 1 PACK OF SILKEN TOFU (IN ASIAN SECTION)
- 1 PACK OF HUMMUS
- (OR ANY OTHER BEANS YOU LIKE)

## GRAINS

- OATS
  - QUINOA (KEEN-WAA)
  - WHOLEGRAIN PASTA
  - MACARONI (OPTIONAL)
  - LOAF OF WHOLEGRAIN OR SEEDED BREAD
  - PLAIN PIZZA BASE (CHECK INGREDIENTS FOR EGG/ MILK)
  - - OR PITTA BREAD (FOR THE PIZZAS)
  - BULGAR WHEAT (OPTIONAL)
  - WRAPS (WHOLEGRAIN OR SEEDED ARE BEST)
  - RICE NOODLES (OR WHOLEWHEAT NOODLES- CHECK FOR EGG)
  - BROWN RICE
  - WHOLEMEAL FLOUR
  - CEREAL OR GRANOLA
- ( FOR CEREALS, WATCH OUT FOR MILK, HONEY AND VIT. D3 IN THE INGREDIENTS- IT'S USUALLY FROM SHEEP)

## NUTS/SEEDS

- BRAZIL NUTS
- CASHEWS
- MIXED NUTS
- FLAX SEEDS
- PEANUT BUTTER (OR ANY NUT BUTTER)
- ANY OTHER SEEDS/NUTS YOU ENJOY

## OTHERS

- COCOA POWDER
- SYRUP
- 2 CARTONS OF DAIRY FREE MILK E.G. SOY, ALMOND, RICE
- DRIED MIXED HERBS AND SPICES E.G. CINNAMON, CUMIN, TURMERIC, CHILLI, GINGER, PEPPER, SMOKED PAPRIKA
- SOY SAUCE
- HOT SAUCE
- RELISH OR TOMATO KETCHUP
- 2 CANS OF COCONUT MILK
- 1 JAR OF PASTA SAUCE
- TOMATO PUREE
- SEAWEED (NORI SHEETS ARE USUALLY IN THE ASIAN SECTION)
- NUTRITIONAL YEAST FLAKES (IN HEALTH STORES/ONLINE)
- PACK OF VEGAN ENERGY BARS (SEE WHAT YOU CAN FIND)
- POPCORN OR CRISPS (CHECK FOR MILK OR MEAT POWDERS)
- RICE CAKES

DON'T WORRY ABOUT BUYING EVERYTHING.  
BUY WHAT'S AVAILABLE TO YOU

ENJOY YOUR SHOPPING  
THEVEGANACTIVIST.COM  
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