

# Vegan and Gluten-Free Grocery Shopping List

## Vegetables

Buy a **variety** & lots of dark leafy greens!

### Essentials:

- ✧ Onions &/or Leeks
- ✧ Garlic, Ginger & Chillis
- ✧ Carrots
- ✧ Broccoli
- ✧ Celery
- ✧ Potatoes &/or Sweet Potatoes
- ✧ Bell Peppers (capsicum)
- ✧ Courgette (zucchini)
- ✧ Lettuce &/or rocket (arugula)
- ✧ Spinach, Kale, Cavolo Nero, Pak Choi
- ✧ Tomatoes
- ✧ Cucumber
- ✧ Spring Onions

### Extras:

Choose a selection of:

- ✧ Cauliflower
- ✧ Aubergine (eggplant)
- ✧ Cabbage (white or red)
- ✧ Green Beans, Mange Tout and/or Sugar Snap Peas
- ✧ Avocados
- ✧ Sweetcorn (Corn on the Cob) &/or Baby Corn
- ✧ Butternut Squash or Pumpkin
- ✧ Mushrooms
- ✧ Beetroot
- ✧ Asparagus

## Refrigerated

- ✧ Tofu – extra firm, smoked, and silken (or soft)
- ✧ Tempeh
- ✧ Plant-Based Milk (Oat / Soya / Rice / Almond / Cashew)
- ✧ Plant-Based Butter
- ✧ Vegan Cheese
  - vegan feta (Greek block)
  - grated vegan cheddar
  - vegan cream cheese spread.
- ✧ Vegan Greek Yoghurt
- ✧ Hummus (or make your own!)
- ✧ Sauerkraut &/or Vegan Kimchi

## Fruits

Choose a selection of your favourites.

### Essentials:

- ✧ Apples &/or Pears
  - ✧ Lemons &/or Limes
  - ✧ Bananas
  - ✧ Oranges
  - ✧ Grapes
  - ✧ Kiwis
- ### Extras - Seasonal Fruits:
- ✧ **Berries** (Strawberries, Raspberries, Blueberries, etc.)
  - ✧ **Stone fruit** (Peaches, Plums, Apricots, Cherries etc.)
  - ✧ **Tropical fruit** (Mango, Melons, Pineapple, etc.)
  - ✧ **Seasonal citrus fruits** (Tangerines, blood oranges, etc.)
  - ✧ Pomegranate
  - ✧ Shredded Coconut

## Fresh Herbs

Buy (or grow!) a selection of:

### Essentials:

- ✧ Parsley
- ✧ Coriander (Cilantro)
- ✧ Chives

### Extras:

- ✧ Thyme, Rosemary, Sage, Tarragon
- ✧ Mint

## Frozen

- ✧ Frozen Vegetables
  - frozen spinach
  - frozen peas
  - frozen sweetcorn
- ✧ Frozen Fruits
  - your favourite berries
  - mango &/or pineapple
  - peaches &/or cherries
- ✧ Vegan Ice Cream and/or Ice Lollies
- ✧ Frozen Plant-Based Mince
- ✧ Oven-Bake Frozen French Fries
- ✧ Vegan Convenience Foods, e.g.
  - vegan sausages &/or burgers
  - vegan sausage rolls
  - vegan nuggets

## Dried Herbs & Spices

### Essentials:

- ★ Salt (unrefined sea salt or Himalayan pink salt)
- ★ Black Pepper
- ★ Essential Dried Herbs:
  - thyme &/or oregano
  - bay leaves
  - za'atar
  - Italian &/or Mediterranean Herb Seasoning
- ★ Essential Spices:
  - ground turmeric
  - ground cumin
  - ground coriander
  - ginger powder & garlic powder
  - ground cinnamon (or sticks)
  - smoked paprika
  - chilli powder (or flakes)
  - Chinese 5 spice
  - medium curry powder

### Useful Extras:

- ★ White Pepper & Szechuan Pepper
- ★ Additional useful spices:
  - garam masala
  - star anise
  - cardamom (whole or ground)
  - cloves (whole or ground)
  - black mustard seeds
  - nigella seeds

## Oils

### Essentials:

- ★ Olive Oil (for cooking)
  - ★ Grapeseed Oil (for cooking)
  - ★ Toasted Sesame Oil (for stir-fries and salads)
  - ★ Coconut Oil (for baking)
- ### Extras:
- ★ Extra Virgin Olive Oil (for salads and drizzling)
  - ★ Truffle Oil (if you want to splash out!)



# Vegan and Gluten-Free Grocery Shopping List

| Grains   |
|--|
| <b>Essentials:</b>   |
| ★ GF Pasta (check the label for egg)                                       |
| ★ Rice (brown or white basmati)  |
| ★ Porridge Oats (check GF)   |
| ★ GF Bread (check the label for egg and dairy)                             |
| ★ Quinoa   |
| ★ Noodles (rice noodles, soba noodles (buckwheat) or mung bean vermicelli) |
| ★ GF Wraps / Tortillas   |
| ★ Taco Shells (check that it is 100% corn so GF)                           |
| <b>Extras:</b>   |
| ★ Sorghum, Millet or Buckwheat   |
| ★ Wild Rice, Risotto Rice, Sushi Rice                                      |

| Beans & Legumes   |
|---|
| <b>Essentials:</b>  |
| ★ Cannellini Beans (white beans, haricot beans or navy beans) |
| ★ Black Beans   |
| ★ Chickpeas   |
| ★ Split Red Lentils (dried)                                   |
| ★ Puy Lentils (dried)   |
| ★ Mung Beans (dried)  |
| <b>Extras:</b>  |
| ★ Butter Beans  |
| ★ Borlotti Beans  |
| ★ Black-Eyed Beans  |
| ★ Adzuki Beans  |
| ★ Tinned Brown Lentils  |
| ★ Channa Dahl Lentils (or split peas)                         |

| Baking   |
|--|
| <b>Essentials:</b>                               |
| ★ Flours:  |
| ➤ Plain Gluten-Free Flour Blend                  |
| ➤ GF Wholegrains:                                |
| – Brown Rice Flour                               |
| – Sorghum Flour                                  |
| – Almond Flour                                   |
| ➤ GF Starches:                                   |
| – Cornstarch                                     |
| – Arrowroot Flour                                |
| – Tapioca Flour (or starch) &/or Potato Starch   |
| ★ Sugar:   |
| – Organic Caster Sugar                           |
| – Dark Muscovado Sugar                           |
| ★ Maple Syrup                                    |
| ★ Baking Powder                                  |
| ★ Bicarbonate of Soda                            |
| ★ Ground Flax Seeds (linseeds)                   |
| ★ Psyllium Husk (powder or flakes)               |
| ★ Vanilla Extract                                |
| <b>Extras:</b>                                   |
| ★ Additional GF Flours (mainly for bread-making) |
| – Masa Harina (corn) Flour                       |
| – Buckwheat or Teff Flour                        |
| – Oat Flour (check GF)                           |
| ★ Cacao Powder (or cocoa powder)                 |
| ★ Rapadura or Coconut Sugar                      |
| ★ Agar Agar                                      |
| ★ Rose Water                                     |

| Tins, Jars & Packets  |
|---|
| <b>Essentials:</b>  |
| ★ Tinned Tomatoes (&/or Passata)                            |
| ★ Tomato Puree / Paste                                      |
| ★ Coconut Milk (&/or Coconut Cream)                         |
| ★ Tinned Baked Beans  |
| ★ TVP (Textured Vegetable Protein) or Soya Chunks / Curls   |
| ★ Nuts (unroasted & unsalted)                               |
| – Almonds   |
| – Cashews   |
| – Walnuts   |
| ★ Seeds (raw)   |
| – Sunflower Seeds   |
| – Pumpkin Seeds   |
| – Sesame Seeds  |
| – Chia Seeds  |
| ★ Dried fruits (e.g. apricots, dates, raisins, cranberries) |
| <b>Extras:</b>  |
| ★ Tinned Jackfruit (plain NOT jackfruit in syrup)           |
| ★ Dried Mushrooms (porcini, shitake or mixed wild)          |
| ★ Jars of Marinated Vegetables:                             |
| – Olives  |
| – Sun-Dried Tomatoes  |
| – Roasted Peppers   |
| – Marinated Artichokes                                      |
| – Gherkins or Cornichons                                    |

| Condiments and Sauces                            |
|--|
| <b>Essentials:</b>                               |
| ★ Vegetable Stock Powder (& vegan chicken stock) |
| ★ Nutritional Yeast                              |
| ★ Vinegars:                                      |
| – Apple Cider Vinegar                            |
| – Balsamic Vinegar                               |
| – Rice Vinegar                                   |
| ★ Tahini   |
| ★ Tamari or GF Soy Sauce                         |
| ★ Vegan Mayonnaise                               |
| ★ Mustard (Dijon and Wholegrain)                 |
| ★ Tomato Ketchup                                 |
| ★ Sweet White Miso                               |
| ★ Hot Sauce (Tabasco, Sriracha, etc.)            |
| <b>Extras:</b>                                   |
| ★ Vegan Fish Sauce                               |
| ★ Vegan Oyster Sauce                             |
| ★ Sweet Chilli Sauce                             |
| ★ Thai Curry Pastes (but check for fish)         |
| ★ Pomegranate Molasses                           |
| ★ Tamarind Puree                                 |

| Spreads   |
|---|
| ★ Nut Butters (or make your own!)                       |
| ★ Jam (jelly)   |
| ★ Yeast Extract (check GF - marmite & vegemite are not) |
| ★ Chocolate Spread (Nutella is not vegan)               |

| Snacks   |
|--|
| ★ Corn Cakes, Rice Cakes &/or Oatcakes               |
| ★ Nut Bars   |
| ★ Dried Seaweed                                      |
| ★ Popcorn  |
| ★ Crackers   |
| ★ Crisps   |
| ★ Vegan Chocolate (Lindt 70% is accidentally vegan!) |

