

# Vegan shopping list

BY PURITION.CO.UK



## FRUITS & VEGETABLES

### Fruits

- Apples
- Avocados
- Bananas
- Berries
- Kiwi
- Lemons
- Limes
- Oranges
- Peaches
- Pears
- Plums

### Veggies

- Asparagus
- Aubergine
- Beetroot
- Broccoli
- Butternut
- Cabbage
- Carrots
- Cauliflower
- Celery
- Courgette
- Cucumber
- Mushrooms
- Garlic
- Onions
- Peppers
- Potatoes
- Squash
- Tomatoes

### Leafy veg

- Spinach
- Kale
- Lettuce
- Rocket
- Salad

### Canned

- Chopped tomatoes
- Canned coconut milk
- Jackfruit
- Olives
- Sundried tomatoes

## COOKING OILS

- Avocado oil
- Coconut oil
- Olive oil
- Sesame oil

## NUTS & SEEDS

- Almonds
- Brazils
- Cashews
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts
- Chia
- Flax
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Nut butters

## BEANS & LEGUMES

- Black beans
- Butter beans
- Chickpeas
- Cannellini beans
- Edamame beans
- Lentils
- Kidney beans
- Pinto beans
- Peas
- Salad beans

## WHOLE GRAINS

- Brown rice
- Buckwheat
- Bulgur
- Quinoa
- Oats
- Millet
- Wild rice
- Wholegrain bread
- Wholewheat couscous
- Wholewheat pasta

## HERBS, SPICES & SEASONINGS

- Chilli flakes
- Cinnamon
- Cumin
- Cayenne
- Garam masala
- Ground ginger
- Paprika
- Turmeric
- Nutritional yeast
- Vegetable stock
- Basil
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

## SAUCES & SWEETENERS

- Apple cider vinegar
- Balsamic vinegar
- Soy Sauce
- Sriracha
- Marmite
- Miso Paste
- Mustard
- Agave syrup
- Maple syrup

## EXTRAS

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