

Veggie Visa Vegan Pantry Essentials Shopping List

Dry Goods	
Beans	
Couscous	
Pasta	
Rice Noodles	
Quinoa	
Rice	
Lentils	
Oats	
Bulgur	
Beans	
Pop Corn	
Chickpea Flour	
Almond Flour	
All Purpose Flour	
Vegan Sugar	

Sauces & Pastes	
Chili Paste	
Soy Sauce	
Tamari Sauce	
Miso Paste	
Tomato Sauce	
Tomato Paste	
Sriracha	
Cholula Original Mexican Hot Sauce	
Tabasco	

Dried Fruits & Veg	
Sun Dried Tomatoes	
Dried Fruits	
Dates	
Dried Mushrooms	

Plant Milks	
Almond Milk	
Coconut Milk	
Cashew Milk	
Oat Milk	
Soy Milk	

Nut Butters	
Peanut butter	
Almond butter	
Cashew butter	
Tahini	

Spreads & Dips	
Hummus	
Baba ghanoush	
Vegan Nutella Spreads	
Speculoos	
Vegan Cream Cheese	
Vegan Butter	

Nuts & Seeds	
Cashews	
Almonds	
Walnuts	
Pistachios	
Peanuts	
Brazil Nuts	
Macadamia Nuts	
Pumpkin Seeds	
Flax Seeds	
Chia Seeds	
Sesame Seeds	

Canned & Pickled Goods	
Beans	
Coconut Cream	
Jackfruit in Brine	
Capers	
Olives	
Vegan Kimchi	
Sauerkraut	
Pickles	
Pickled Veggies	

Spices & Seasonings	
Nutritional Yeast	
Sea Salt and Himalayan Pink Salt	
Black Salt	
Black Peppercorns	
Red Chili Flakes	
Tumeric	
Curry Powder	
Cumin	
Bay Leaves	
Cinnamon	
Old Bay	
Tony Chachere's	
Liquid Smoke	
Vegetable Boullion	

Syrups	
Maple Syrup	
Agave Syrup	
Rice Syrup	
Date Syrup	

Oil & Vinegar	
Olive Oil	
Coconut Oil	
Sesame Oli	
Canola or Rapeseed Oil	
Apple Cider Vinegar	
Red Wine Vinegar	
Rice Wine Vinegar	

Vegan Proteins	
Tofu	
Tempeh	
Seitan	
Mock Meats	