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Cumin Curry powder Garlic powder Ground ginger Italian seasoning Onion powder Paprika Salt & black pepper Turmeric powder Fresh herbs are unsung superfoods, containing worlds of hidden powerful nutrition along with obvious great tastes. These are the finishing touches that really make your recipes pop! For more tender leafy herbs, add them in at the very end, after the food is fully cooked, to maintain the full depth of their delicate flavors and colors. Basil Chives Cilantro Dill Mint Parsley A little bit goes a long way for most of these tabletop finishes. Its easy to customize individual plates to taste with a variety of flavorful dips, drizzles, dollops, and spreads to apply at will. Some of these can be kept in the pantry, but others need to be kept in the fridge; consult labels for ideal storage conditions. Hummus Hot sauce Ketchup Mustard Maple syrup Salsa Soy sauce, tamari or liquid aminos Vegan mayo Vegan pasta sauce Vegan salad dressings Whether its the nonstick insurance keeping baked goods from adhering themselves to pans, stir fry starters, or salad dressings, there are plenty of high-quality oils and vinegars available for every job. Virgin, extra virgin, first pressed, cold pressed, and unrefined are all excellent indicators that you have a good product at hand. Some oils are better suited to high-heat cooking while others should be enjoyed raw. Vinegars range from mild to intense, with all sorts of tasting notes unique to each form. Try a few to find what you like for each application! Avocado oil Apple cider vinegar Balsamic vinegar Coconut oil Olive oil Rice vinegar Toasted sesame oil Vegetable oil White distilled vinegar Everyone deserves to treat themselves now and then. Keep smart snacks on hand so you wont feel tempted to go overboard, binge eat, or snag something not vegan out of frustration. Many brands now specifically label their products as vegan or vegan certified right on the front of the package for easy identification. Otherwise, be prepared to comb through ingredient lists to suss out anything unsavory. Water should always be your number one drink of choice, but that doesnt mean theres no room for more flavorful, fun, and indulgent drinks too. Excessive sugars and corn syrup are a real problem for this category, to say nothing of superfluous packaging. Seek out multi-serve containers that use recyclable or compostable materials whenever possible. Coffee Juice Kombucha Soda and sparkling water Teas Vegan beer and wine Dont forget to download our free printable grocery list! Keep it saved to your phone for easy reference, inspiration, and helpful hints along the way. Its more than just a vegan food list for beginners, but a complete cheat sheet for anyone that wants to buy smarter and eat better.

Vegan grocery list for beginners. Basic vegan food shopping list. Easy vegan grocery list. Basic vegan shopping list.

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