



VEGAN FOOD LIST FOR BEGINNERS



FRUIT

- ☐ Apples, Apricots
- ☐ Avocado, Açaí berries
- ☐ Bananas, Blueberries
- ☐ Cherries, Coconut
- ☐ Dates
- ☐ Grapes, Grapefruit
- ☐ Jackfruit
- ☐ Kiwis
- ☐ Lemons, Limes
- ☐ Mango, Melons
- ☐ Oranges
- ☐ Pears, Pineapple
- ☐ Raspberries
- ☐ Strawberries

VEGETABLES

- ☐ Asparagus
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrots, Cauliflower
- ☐ Eggplant
- ☐ Green beans
- ☐ Leafy greens
- ☐ Mushrooms
- ☐ Poblano peppers
- ☐ Potatoes
- ☐ Snow peas
- ☐ Tomatoes, Tomatillos
- ☐ Zucchini

GRAINS

- ☐ Bread (no milk/egg/honey)
- ☐ Bagels (no egg)
- ☐ English muffins (no dairy)
- ☐ Pasta (no egg)
- ☐ Rice noodles
- ☐ Rice
- ☐ Tortillas (no lard)
- ☐ Pita
- ☐ Roti
- ☐ Quinoa
- ☐ Barley
- ☐ Oatmeal
- ☐ Couscous
- ☐ Farro

BEANS & LEGUMES

- ☐ Black beans
- ☐ Kidney beans
- ☐ Pinto beans
- ☐ Chickpeas
- ☐ Black-eyed peas
- ☐ Lentils
- ☐ Peas
- ☐ Edamame
- ☐ Tofu
- ☐ Tempeh
- ☐ Bean-based pastas
- ☐ Bean-based rice
- ☐ Textured veg. protein
- ☐ Soy curls

NUTS & SEEDS

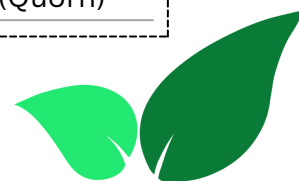
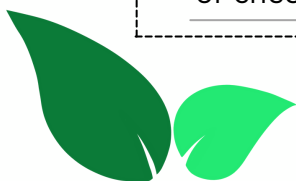
- ☐ Almonds, Almond butter
- ☐ Brazil nuts
- ☐ Cashews, Cashew butter
- ☐ Chia seeds
- ☐ Flax seeds
- ☐ Hazelnuts
- ☐ Hemp seeds
- ☐ Peanuts, Peanut butter
- ☐ Pecans
- ☐ Pistachios
- ☐ Pumpkin seeds
- ☐ Sesame seeds, Tahini
- ☐ Sunflower seeds/butter
- ☐ Walnuts

PLANT-BASED DAIRY

- ☐ Almond milk
- ☐ Cashew milk
- ☐ Coconut milk
- ☐ Oat milk
- ☐ Soy milk
- ☐ Pea milk
- ☐ Rice milk
- ☐ Hemp milk
- ☐ Non-dairy milk blends with added pea protein
- ☐ Non-dairy butter
- ☐ Non-dairy cheese
- ☐ Non-dairy yogurt
- ☐ Vegan cream cheese

MEAT ALTERNATIVES

- ☐ Seitan
- ☐ Vegan sausages
- ☐ Veggie burgers (no egg or cheese)
- ☐ Seitan-based deli slices
- ☐ Vegan ground "beef"
- ☐ Holiday meat-free roasts
- ☐ Vegan chicken alternatives
- ☐ Vegan seafood alternatives
- ☐ Soy chorizo
- ☐ Mycoprotein (Quorn)





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DIPS & SPREADS

- ☐ Baba ganoush
- ☐ Cashew queso
- ☐ Cowboy caviar
- ☐ Fruit jams
- ☐ Guacamole
- ☐ Hummus
- ☐ Most vinaigrettes
- ☐ Non-dairy pesto
- ☐ Non-dairy ranch dressing
- ☐ Romesco sauce
- ☐ Sundried tomato spread
- ☐ Tahini dressing
- ☐
- ☐

CONDIMENTS

- ☐ Banana peppers
- ☐ Coconut aminos
- ☐ Giardineira
- ☐ Hot sauce
- ☐ Ketchup
- ☐ Miso, Mustard
- ☐ Olives
- ☐ Pepperoncini
- ☐ Pickles/relish
- ☐ Salsa
- ☐ Soy sauce/Tamari
- ☐ Vegan BBQ sauce
- ☐ Vegan mayo
- ☐ Vegan Worcestershire

HERBS & SEASONINGS

- ☐ Salt, iodized
- ☐ Fresh herbs
- ☐ Dried herbs and spices
- ☐ Seasoning blends (no animal fats or milk)
- ☐ Nutritional yeast
- ☐ Black salt (Kala Namak)
- ☐ Garlic
- ☐ Ginger root
- ☐
- ☐
- ☐
- ☐
- ☐

OILS

- ☐ Avocado oil
- ☐ Canola oil
- ☐ Coconut oil (use sparingly due to high saturated fat content)
- ☐ Extra-virgin olive oil
- ☐ Flaxseed oil*
- ☐ Safflower oil
- ☐ Sesame oil
- ☐ Sunflower oil
- ☐ Walnut oil*

*These oils are sensitive to heat and are best used raw, as in salad dressings

SWEETENERS

- ☐ Agave nectar
- ☐ Blackstrap molasses
- ☐ Brown rice syrup
- ☐ Coconut sugar
- ☐ Date syrup
- ☐ Erythritol
- ☐ Maple syrup
- ☐ Monkfruit
- ☐ Organic sugar*
- ☐ Organic brown sugar*
- ☐ Stevia

*Most sugar is processed with animal bone char, but organic sugar is vegan-friendly.

OTHER PANTRY ITEMS

- ☐ All-purpose flour
- ☐ Almond flour
- ☐ Baking powder
- ☐ Baking soda
- ☐ Canned fruits and veg
- ☐ Cocoa powder
- ☐ Cream of tartar
- ☐ Protein powder (soy, pea, hemp)
- ☐ Garbanzo bean flour
- ☐ Whole wheat flour
- ☐ Vegetable broth
- ☐ Vegan bouillon
- ☐ Vinegar

SNACKS & BEVERAGES

- ☐ Potato chips (no dairy)
- ☐ Tortilla chips
- ☐ Crackers (no dairy)
- ☐ Pretzels

- ☐ Popcorn (no butter)
- ☐ Vegan jerky
- ☐ Rice cakes
- ☐ Coffee & Tea

- ☐ Vegan wine/beer/spirits
- ☐ Kombucha
- ☐ Coconut water
- ☐ Sparkling water

