

Happy Herbivore Grocery List



Dry Goods & Breads	Pantry	Produce	Nondairy	Canned Goods	Frozen Foods
brown rice	agave nectar	apples	firm/extra firm tofu	black beans	edamame
corn tortillas	almond extract	artichoke hearts	lite coconut milk	canned green chilies	frozen bananas
couscous	apple cider vinegar	avocado	nondairy milk	canned pineapple	frozen berries
instant oats	baking powder	bell peppers	nondairy yogurt	canned pure pumpkin	frozen fruits
lentils	baking soda	blueberries	tempeh	canned tomatoes	frozen leafy greens
old fashioned rolled oats	balsamic vinegar	broccoli	Tetra packed or shelf stable tofu	canned white beans	frozen mixed vegetables
quinoa	banana extract	cabbage	TVP or TSP	capers	mango
WW breadcrumbs	brown rice flour	carrots	vegan cream cheese	marinara sauce	nuts
WW buns	brown sugar	celery	vegan Parmesan cheese	olives	strawberries
WW or GF pasta	chickpea flour	cucumbers		refried beans	yellow corn
WW tortillas	chocolate extract	fresh ginger root		roasted red peppers	
yellow split peas	confectioners' sugar	fresh herbs		tomato paste	
	cornstarch	garlic		tomato sauce	
	distilled white vinegar	garlic cloves			
	dried fruits	grapes			
	lemon juice	green beans			
	lime juice	green onions			
	low-sodium soy sauce or tamari	jalapeno			
	mirin or sherry	kale			
	pure maple syrup	lemons			
	raw sugar	lettuce			
	unsweetened applesauce	limes			
	unsweetened cocoa	mushrooms			
	vanilla extract	onion			
	vegan chocolate chip	oranges			
	vegetable broth	oranges			
	WW pastry flour	peas			
	yellow cornmeal	raisins			
	yellow miso paste	russet or Idaho potatoes			
		spaghetti squash			
		spinach			
		sweet potatoes			
		tomatoes			
		yellow corn			
		zucchini			
Condiments	Spices		Household Items	Personal Hygiene	Other
Asian hot sauce	allspice	mild curry powder	paper towels	shampoo	cola
BBQ sauce	basil	mint			dark rum
Dijon mustard	bay leaves	nutritional yeast			Guinness
hot sauce	black pepper	onion powder			high heat cooking spray
hummus	cajun seasoning	oregano			Kahlua
ketchup	cayenne powder	paprika			liquid smoke
salsa	chili powder	pumpkin pie spice			red wine
smooth peanut butter	chipotle powder	red pepper flakes			sparkling water
steak sauce	dried onion flakes	rubbed sage			vital wheat gluten
sweet red chili sauce	dried oregano	sea salt			vodka
vegan mayonnaise	dried rosemary	smoked paprika			
vegan worcestershire sauce	dried thyme	taco seasoning			
yellow mustard	dry mustard	turmeric			
	fennel seeds				
	garam masala				
	garlic powder				
	ground cinnamon				
	ground coriander				
	ground cumin				
	ground nutmeg				
	Italian seasoning				
	kelp granules				