

Your vegan shopping list

Not sure where to start with everyday vegan basics? Don't worry – we've pulled together a short shopping list to get you started. Once you begin trying different vegan recipes, you'll soon get to know which products you prefer, and what items you'll need to keep your cupboards stocked up and vegan friendly.

- Fresh or dried fruit
- Fresh, frozen or canned vegetables
- Soy such as tofu, tempeh or edamame
- Mixed nuts, seeds, lentils and beans
- A selection of herbs and spices
- Nut butter
- Coconut, flax seed, olive or sesame oil
- Almond, cashew or soy milk
- Dairy-free yogurt
- Whole grain bread, pasta, oats, quinoa and rice
- Potatoes
- Olives
- Hummus, salsa, soy sauce, mustard and vegan mayo
- Popcorn
- Vegan cheese
- Vegan butter