

shopping list

- coffee (always!)
- tofu and or tempeh
- dairy-free milk
- fresh fruit
- fresh vegetables including mushrooms
- fresh chillies
- nutritional yeast
- salt & pepper

- vegan butter
- miso paste
- vegan cheese
- vegan yoghurt
- kimchi or sauerkraut
- flour
- bread
- garlic
- fresh ginger
- oil
- pumpkin & sunflower seeds
- soy or tamari sauce
- dried red lentils
- dried brown lentils
- dried or canned chickpeas
- dried pasta
- rice
- rolled oats
- buckwheat groats
- egg-free noodles
- vegetable stock or bouillon
- canned tomatoes
- raw almonds or cashews
- spices
- coconut milk
- baking powder & baking soda
- sugar
- maple syrup
- canned jackfruit