



A Typical Vegan Shopping List

Our Favorite Vegan Staples and Ready-Made Vegan Convenience Foods

Thank you for buying our cookbook! We hope you enjoy it, and the many companion factsheets available at allamericanvegan.com, including this one, listing our favorite staples and ready-made vegan convenience foods.

As new and exciting vegan products come out, we will update this list, so check it frequently to be sure that you are current on the latest and greatest vegan foods now available.

Happy humane eating!

A Typical Vegan Shopping List

Grains and Staples

Bread
Pasta
Cereal
Rice
Coffee
Tortillas
Frozen french fries
Frozen waffles
Instant mashed potatoes
Hamburger buns
Hot dog buns
Frozen pizza
All-purpose flour
Soup stock
Sugar
Rice and bean burritos
Pie crust
Peanut butter
Refried beans
Nutritional yeast
Crackers
Silken Tofu
Egg Replacer

"Meat"

Hamburger patties
Hot dogs
"Chicken" breasts
"Chicken" patties
"Chicken" nuggets
"Bacon"
"Turkey" slices
Ground "beef"
Stir-fry "chicken" strips
"Sausage" links
Bologna
Pepperoni
Seitan
Tofu

"Dairy"

Soymilk
Chocolate soymilk
Cream
Cheddar cheese
Mozzarella cheese
Yogurt
Sour cream
Cream cheese
Margarine
Whipped cream
Ice cream

Produce

Bananas
Apples
Watermelon
Mangos
Avocados
Strawberries
Pears
Grapes
Cherries
Blueberries
Lemons
Oranges
Spinach
Carrots
Onions
Potatoes
Lettuce
Celery
Tomatoes



Treats

Potato chips
Tortilla chips
Candy bars
Jelly beans
Soda
Donuts
Cake
Sprinkles
Cake mix
Chocolate frosting
Marshmallows
Ice cream cones
Apple pie
Fudge bars
Lollypops
Gummy bears
Cookies
Jello
Pudding

Condiments

Mayonnaise
Instant "chicken" gravy
Instant "beef" gravy
Spaghetti sauce
Jelly
Soy sauce
Hot sauce
Maple syrup
Ketchup
Mustard
Pickles
Relish
Chocolate sauce

Same as it ever was, only better.

All American Vegan

Shopping List Product Recommendations By Brand Name



Grains and Staples

Bread: *Rudy's Country White or Multi-Grain Oat*

Pasta: *Whole Foods 365 Everyday Value Italian Macaroni Product*

Cereal: *Nature's Path Corn Flakes*

Rice: *Any brand*

Coffee: *Peet's*

Tortillas: *Whole Foods 365 Everyday Value Brand Flour & Corn Tortillas*

Frozen French fries: *Cascadian Farms Crinkle Cut French Fries*

Frozen Waffles: *Van's Wheat and Gluten-Free Blueberry Waffles*

Instant Mashed Potatoes: *Barbara's Instant Mashed Potatoes*

Hamburger Buns: *Rudy's White Hamburger Buns*

Hot Dog Buns: *Rudy's White Hot Dog Buns*

Frozen Pizza: *Tofurky Vegan Pizza, American Flatbread Vegan Harvest Pizza, Rossini's Gourmet Vegan Cheese Pizza (available at veganessentials.com) and Tofutti Pan Crust Pizza Pizzaz*

All-Purpose Flour: *Whole Foods 365 Everyday Value Organic Unbleached All-Purpose Flour*

Soup Stock: *Better Than Bouillon: No Chicken Base, No Beef Base and Vegetable Base or Edward & Son's Not-Chick'n and Not-Beef*

Sugar: *Whole Foods 365 Everyday Value Vegan Cane Sugar, Spreckles Brand Sugar*

Rice and Bean Burritos: *Amy's Non-Dairy Burritos*

Pie Crust: *Wholly Wholesome Traditional Pie Shell*

Peanut Butter: *Any brand*

Refried Beans: *Whole Foods 365 Everyday Value Organic Refried Pinto Beans with Roasted Chile and Lime*

Nutritional Yeast: *Red Star*

Crackers: *Whole Foods 365 Everyday Value Saltines*

Silken Tofu: *Mori-Nu*



"Meat"

Hot Dogs: *Smart Dogs*

Chicken Breasts: *Gardein Chick'n Filets*

"Chicken" Patties: *Boca Original Chick'N Vegan Meatless Patties*

"Chicken" Nuggets: *Boca Original Meatless Chick'N Nuggets, Health Is Wealth Chicken-Free Nuggets and Gardein Crispy Tenders*

Stir-fry "Chicken" Strips: *WestSoy Chicken-Style Seitan or Gardein Chick'n Strips*

"Turkey" Slices: *Tofurky Hickory Smoked, Oven Roasted and Peppered Deli Slices*

"Bacon": *Yves Meatless Canadian Bacon or Lightlife Smart Bacon*

"Sausage" Links: *Lightlife Smart Links or Tofurky Breakfast Links, Beer Brats, Kielbasa or Italian Sausage*

Bologna Slices: *Tofurky Bologna Style Deli Slices*

Ground "Beef": *Boca Meatless Ground Round*

"Beef" Slices: *Tofurky Roast Beef and Philly Steak Deli Slices*

Hamburger Patties: *Gardein Beef-less Burgers*

Pepperoni: *Tofurky Pepperoni Deli Slices*

Seitan: *WestSoy Cubed Seitan, Sweet Earth Seitan, and Upton's Naturals Seitan*

Tofu: *Wildwood*



"Dairy"

Soy Milk: *Whole Foods 365 Everyday Value or Silk Brand*

Cream: *Wildwood Soy Creamer or MimicCreme (several varieties available- some for coffee, some for use in recipes)*

Cheese: *Daiya (Cheddar/Mozzarella/Pepperjack)*

Cheese Singles: *Tofutti Slices (American/Mozzarella)*

Yogurt: *Whole Soy and Co. (any flavor)*

Sour Cream: *Tofutti Better Than Sour Cream*

Cream Cheese: *Tofutti Better Than Cream Cheese*

Margarine: *Earth Balance Natural Buttery Spread (original)*

Egg Replacer: *Ener-G*

Parmesan: *Galaxy Nutritional Foods Vegan Grated Topping (Parmesan Flavor)*

Whipped Cream: *Soyatoo Soy Whip Whippable Soy Topping (we recommend the version that comes in a box, as the nozzle on the canned version often malfunctions) or MimicCreme Healthy Top (also in a box)*

Ice Cream: *So Delicious or Purely Decadent Soy Ice Creams (any flavor)*



Treats

Potato Chips: *Lays*

Tortilla Chips: *Whole Foods 365 Everyday Value Yellow Strips*

Flavored Tortilla Chips: *Lundberg Pico de Gallo Bean & Rice Chips*

Candy Bars: *Go Max Go (Jokerz, Mahalo, Twilight, Buccaneer, Cleos' & Snap Bars) and Eli's Earth Bars (Celebrate, Treasure & Dream Big Bar)*

Jelly Beans: *VeganSweets*

Soda: *Virgil's Root Beer*

Donuts: *Whole Foods Vegan Donuts, Larsen Bakery Donuts (available at veganessentials.com) VeganSweets Donuts (available at veganstore.com)*

Soymilk: *Silk*

Sprinkles: *Let's Do Sprinkelz (Chocolatey, Carnival, Confetti)*

Cake Mix: *Dr. Oetker Vanilla or Chocolate Cake Mix or Whole Foods 365 Everyday Value Vanilla or Chocolate Cake Mix*

Frosting: *Dr. Oetker Vanilla or Chocolate Icing or Whole Foods 365 Everyday Value Chocolate or Vanilla Frosting*

Marshmallows: *Sweet & Sara Vegan Marshmallows and Chicago Soy Deli Dandies*

Ice Cream Cones: *Let's Do Organic Sugar Cones*

Apple Pie: *Wholly Wholesome Frozen Apple Pie*

Frozen Fudge Bar: *Tofutti Totally Fudge Premium Pops*

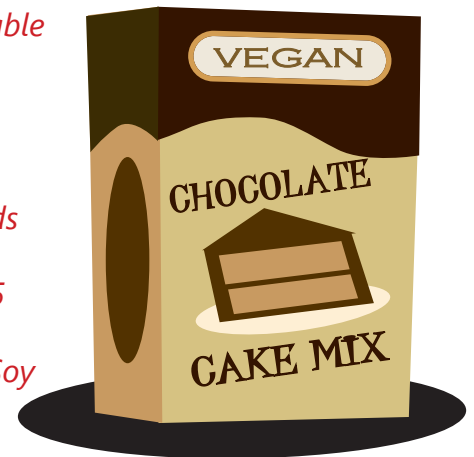
Lollypops: *Yummy Earth Lollipops*

Gummy Bears: *Surf Sweets Sour Berry Bears*

Cookies: *Uncle Eddie's (any flavor), Alternative Baking Company (any flavor)*

Jello: *Natural Desserts Jel Dessert (any flavor)*

Pudding: *ZenSoy Pudding (Chocolate, Vanilla, Banana or Chocolate Vanilla Swirl)*



Condiments

Mayonnaise: *Vegenaise (original)*

Instant Gravy: *Hain's Vegetarian Brown Gravy Mix or Vegetarian Chicken Flavored Mix*

Spaghetti Sauce: *Whole Foods 365 Everyday Value Classic Pasta Sauce and Amy's Family Marinara*

Jelly: *Whole Foods 365 Everyday Value Organic Strawberry Conserve*

Soy Sauce: *Whole Foods 365 Everyday Value Organic Soy Sauce*

Hot Sauce: *Cholula or Tabasco*

Maple Syrup: *Whole Foods 365 Everyday Value Organic Grade A Maple Syrup*

Ketchup: *Whole Foods 365 Everyday Value Organic Ketchup and Muir Glenn Organic Ketchup*

Mustard: *Whole Foods 365 Everyday Value Organic Yellow Mustard*

Pickles: *Bubbie's Pure Kosher Dills*

Sweet Relish: *Whole Foods 365 Everyday Value Sweet Relish*

Chocolate Sauce: *Ah!laska Organic Chocolate Syrup*