

The Dairy-Free Shopping List

Essential Foods for Making Hundreds of Recipes (Gluten-Free Optional)

Produce:

- Asparagus
- Avocados
- Bananas
- Carrots
- Celery
- Citrus (oranges, limes, lemons, pineapple)
- Cruciferous (broccoli, kale, bok choy, cabbage)
- Eggplant
- Garlic
- Greens (lettuce, spinach, microgreens)
- Herbs (basil, thyme, rosemary, parsley, cilantro)
- Mushrooms (Portobello, cremini, shiitake)
- Onions (sweet, green, shallots, yellow)
- Peppers (bell, chili)
- Potatoes (sweet, Yukon Gold, Russet, fingerling)
- Seasonal Fruit (apples, pears, mangoes, berries, stone fruit)
- Squash (zucchini, butternut, acorn)
- Tomatoes (cluster, grape, Roma)

Pantry:

- Applesauce (unsweetened)
- Artichoke Hearts
- Broth (chicken, mushroom, vegetable)
- Canned Beans (chickpea, black, pinto, lentils)
- Canned Pumpkin
- Canned Tomatoes (unsalted - diced, paste)
- Cereal (crispy rice, whole grain flakes)
- Chocolate (dairy-free chips / bars)
- Cocoa Powder (Dutch-processed, natural)
- Condiments (ketchup, mustard, mayo)
- Cornmeal / Polenta (non-GMO)
- Dates
- Dried Fruit (prunes, raisins, cranberries, figs)
- Flour: Buckwheat
- Flour: Chickpea
- Flour: White-Wheat or Gluten-Free Blend
- Freeze-Dried Fruit (berries)
- Coconut Milk (full-fat, lite)
- Grains: Oats
- Grains: Quinoa, Millet or Amaranth
- Grains: Rice (white, brown, Arborio, wild)
- Leaveners (baking soda, baking powder)
- Nutritional Yeast
- Nuts: Almonds
- Nuts: Cashews
- Nuts: Other (pine, walnuts, pecans, hazelnuts)

- Oil: Cocoa Butter
- Oil: Extra-Virgin Coconut
- Oil: Extra-Virgin Olive
- Oil: Rice Bran or Grapeseed
- Oil: Sesame
- Olives (black, green, Kalamata)
- Pasta (durum, soba, rice, corn)
- Peanut, Almond or Sunflower Seed Butter
- Popcorn Kernels (non-GMO)
- Protein Powder (pea, brown rice, chia)
- Sea Salt
- Seeds: Chia
- Seeds: Flax
- Seeds: Sesame
- Seeds: Sunflower or Pumpkin
- Shortening (non-hydrogenated; i.e. Palm)
- Soy Sauce (non-GMO) or Tamari (for gluten-free)
- Spices (paprika, turmeric, oregano, cinnamon, etc)
- Starch: Corn (non-GMO), Tapioca and/or Potato
- Sun-Dried Tomatoes
- Sweetener: Granulated Sugar (coconut or powdered, cane, brown)
- Sweetener: Honey or Agave Nectar
- Sweetener: Maple Syrup
- Sweetener: Molasses (blackstrap)
- Tahini
- Tortillas (flour, corn, gluten-free)
- Unsweetened Shredded Coconut
- Vanilla Extract
- Vinegar (apple cider, balsamic, rice)

Chilled:

- Buttery Spread
- Dairy-Free Milk Beverage (unsweetened)
- Miso (non-GMO)
- Orange Juice
- Organic Tempeh
- Organic Tofu

Non-Vegan Proteins: (most cost-effective)

- Canned Fish (salmon, sardines)
- Chicken
- Eggs (yes, they are dairy-free!)
- Grass-Fed Ground Beef
- Ground Turkey
- Nitrate-Free Lean Bacon
- Wild Baby Shrimp
- Wild Fish or Sustainably Farmed (in season)