

# Common Vegan Staples

Courtesy of  
[Vegan Family Living](#)  
Providing Your Family with Healthier Alternatives to  
Living

The following list is a list of common vegan staples. With a grocery bag filled with a few of these on a normal basis, you are well on your way to healthy eating the vegan way.

Remember to buy organic as much as possible and never become a boxed food junkie.

- Dried and/or canned beans—black, red, kidney, chickpeas, lentils, pintos, etc.
- Nondairy milk—soy, rice, oat, almond refrigerated or off the shelf
- Unsweetened coconut milk (canned)
- Tofu (suggested that you have extra firm or firm for rigorous cooking and soft for sauces, dressings, and deserts)
- Pasta and noodles—whole wheat/grain pasta, brown rice, quinoa, etc.
- Whole-grain cereals
- Canned tomato products (diced, whole, puréed, sauce, and paste)
- Condiments—salsa, soy sauce (tamari or shoyu), chutney, mustard, vegan mayonnaise, etc.
- Dried fruits
- Thickeners—cornstarch, arrowroot, and kudzu
- Egg-replacement powder (Ener-G Egg Replacer)
- Vegetable broth (The best I have found is by Imagine)
- Dried mushrooms, dried chilies, sun-dried tomatoes
- Dried sea vegetables, including nori and roasted laver
- Miscellaneous vinegars, pickles, jellies, capers, chili paste, wasabi powder, etc.
- Grains—rice, millet, barley, bulgur, couscous, rolled oats, popcorn, etc.
- Soy foods—tofu, tempeh, miso paste, etc.
- Convenience foods—veggie burgers, soy hot dogs, burger crumbles, veggie sausage, etc.
- Whole-grain flours, cornmeal, etc.
- Bread products—whole-grain bread, tortillas, pita bread, bagels, etc.
- Oils—olive, coconut, flaxseed, sesame, peanut...etc.
- Peanut butter, tahini, almond butter
- Nondairy ice cream (Try Tofutti or Soy Dream brands)
- Nuts and seeds
- Lemons and limes (for cooking)
- Fresh ginger
- Garlic
- Olives (bulk)

## **Learn More about Vegan Family Living and our Services**

Vegan Family Living is a recipe and meal planning service. We provide recipe creation, meal planning coaching and consulting, and a very unique meal planning and recipe.

To find recipes and meal planning ideas using these staples and other ingredients try the [Vegan Family Recipe E-zine](#). With a number of subscription rates the [Vegan Family Recipe Ezine](#) is an inexpensive way to learn more about vegan eating and living.

For creative meal planning coaching and consulting contact [LaTara](#) today for rates.