



VEGAN UNIVERSITY

Grocery Shopping List Suggestions

PROTEIN

- Plant foods high in protein include: chickpeas, quinoa, beans, lentils, meat substitutes, tofu, nuts, broccoli.
- Only one calorie out of every ten needs to come from protein.
- The FDA Recommended Daily Allowance suggests taking in about 0.36 grams of protein per pound of body weight.

IRON

- Plant foods high in iron: dried beans, leafy greens.
- Iron absorption is increased markedly by eating foods containing vitamin C along with foods containing iron.

CALCIUM

- Plant foods high in calcium: dark leafy greens, tofu, tahini, broccoli, non-dairy milks

RECOMMENDED SUPPLEMENTS

- B12 (sublingual)
- Vitamin D3
- Omega 3-6-9
- Iodine (iodized salt or supplement)

FRESH VEGETABLES

- Swiss chard
- Spinach
- Broccoli
- Kale
- Mushrooms

FRESH FRUITS

- Avocado
- Blueberries
- Mango

NUTS / SEEDS

- Flax seeds
- Chia seeds
- Cashews
- Pumpkin Seeds
- Hemp Seeds

CONDIMENTS

- Vegan salad dressing
- Vegan worcestershire sauce
- Vegan BBQ sauce
- Vegemaise/Nayonaise/Just Mayo

SWEETENERS

- Raw (turbinado) sugar
- Stevia
- Honey substitute
- Agave

PROTEIN

- Tofu, firm or silken
- Textured vegetable protein (TVP), tempeh, seitan
- Beans
- Quinoa
- Nuts and nut butters

DAIRY/CHEESE SUBSTITUTES

- Daiya and other vegan cheeses
- Almond milk
- Soy milk
- Nutritional yeast
- Non-dairy yogurt
- Non-dairy sour cream
- Non-dairy cream cheese

FROZEN

- Vegan pizza
- Vegan ice cream
- Amy's meals
- Gardein
- Tofurkey
- Sophie's Kitchen vegan seafood

