



Cadry's Kitchen

A VEGAN ADVENTURE

GROCERY LIST

Fruits & Vegetables

Asparagus	Cauliflower	Green Beans	Radishes
Avocados	Celery	Green Leaf Lettuce	Raspberries
Bananas	Cilantro (fresh)	Lemons	Shallots
Basil (fresh)	Collard Greens	Limes	Spinach
Bell Peppers	Cucumbers	Mushrooms	Strawberries
Blueberries	Curly Kale	Onions	Sweet Potatoes
Broccoli	Figs	Oranges	Tomatoes
Brussels Sprouts	Garlic	Pink Lady Apples	Turnips
Carrots	Grapefruit	Potatoes	

Bulk Bins

All-Purpose Flour	Cashews (raw)	Great Northern Beans	Quinoa
Barley	Chia Seeds	Millet	Red Lentils
Black Beans	Chickpeas	Nutritional Yeast Flakes	Split Peas
Brown Lentils	Farro	Peanuts	Vital Wheat Gluten
Brown Rice	Flaxseeds	Pinto Beans	Whole Wheat Pastry Flour
Cannellini Beans	French Lentils du Puy	Popcorn	Whole Wheat White Flour

Herbs & Spices

Basil (dried)	Cumin	Onion Powder	Sage
Cayenne	Curry Powder	Oregano (dried)	Salt
Celery Seeds	Dill	Paprika	Smoked Salt
Chili Powder	Fennel Seeds	Pepper	Thyme
Cinnamon	Garam Masala	Rosemary	Turmeric
Coriander	Garlic Powder	Saffron	

Jarred Goods/Packaged Products

Agave Syrup	Chickpea Flour	Jalapeño Peppers (sliced)	Tamari
Apple Cider Vinegar	Coconut Oil	Liquid Smoke	Tomato Paste
Baking Powder	Extra Virgin Olive Oil	Malt Vinegar	Vanilla Extract
Baking Soda	Hard Taco Shells	Pasta Sauce	Vegetable Bouillon Cubes
Balsamic Vinegar	Hemp Seeds	Pickles	Whole Wheat Pasta
Brown Rice Vinegar	Hot Sauce	Rice Noodles	

Condiments

Chinese Mustard
Hot Sauce
Ketchup
Olives
Pickles
Sriracha
Whole Grain Mustard
Yellow Mustard

Deli & Refrigerated

Baba Ghanoush
Dolma
Flax Oil
Pita Bread
Sauerkraut
Tofu
Tortillas (whole wheat or corn)

Plant-Based Milks

Rice Milk
Soy Milk

Frozen Foods

Cornmeal Pizza Crusts
Gnocchi

Bakery

Garlic Sourdough Bread
Sandwich Bread