

Top 30 Vegan Kitchen Essentials

I remember when I first transitioned to a vegan diet I had no clue as to what I needed to have on hand. This resulted in several trips to the store, lots of excess spending and buying a lot of things that I ended up being useless. In time I came to realize that there were things that, as a vegan, I absolutely could not live without. Below is a list of some of those things which you may find helpful. All of the items that I have listed are relatively inexpensive and can easily be found at your local grocer though some may require you to seek out an organic market or a health food store.


1. Fresh fruits and vegetables
2. Almond milk
3. Soy sauce or tamari
4. Nonhydrogenated butter (e.g. Earth Balance or Soy Garden)
5. High quality oils (e.g. extra virgin olive oil, coconut, safflower, canola)
6. Maple syrup
7. Agave or brown rice syrup
8. Raw sugar
9. Nutritional yeast
10. Arrowroot and/or cornstarch
11. Canned tomato sauce and diced tomatoes
12. Soy mayonaise (e.g. Nayonaise, Vegenaïse)
13. Staples: Beans, rice, frozen veggies, garlic
14. Baking powder, baking soda
15. Ener-G Egg Replacer
16. Whole Wheat Pastry Flour

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17. Rolled Oats
18. Grits
19. Brown rice
20. Raw nuts and seeds (e.g. almonds, pecan, pistachios, walnuts, pine, sunflower, sesame)
21. Herbal tea
22. Vinegar (e.g. apple cider, balsamic, and distilled white)
23. Vanilla
24. Cocoa powder, unsweetened chocolate chips
25. Peanut butter
26. Dried and fresh seasonings: basil, parsley, black pepper, cilantro, thyme, cayenne pepper, curry, garlic powder, ginger powder, cinnamon, nutmeg, cumin, oregano, red pepper flakes, onion powder, chili powder and sea salt
27. Tofu, tempeh and seitan
28. Cutting board and professional set of ergonomic knives
29. High-end blender and food processor
30. Good vegan cookbooks (my favorites are: Vegan with a Vengeance, Tofu Cookery, Vegan Soul Kitchen, The Joy of Vegan Baking, Skinny Bitch in the Kitch)

Please note that this is a very abbreviated list as I wanted to focus solely on those items that one absolutely needs for everyday functioning as a vegan. A plant-based diet often requires quite a bit of food preparation and time spent in the kitchen as take-out options are often limited for vegans. This is why it is imperative to keep your kitchen well-stocked so that at any given time you will have what you need to whip up a quick snack, breakfast or dinner on-the-go for those busy evenings.

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fabulous Vegetarian Meal Plans and Healthy Eating eBook or to INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

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