

Vegan Student Shopping List



Cupboards

- Oats
- Baked beans
- Rice
- Pasta
- Cans of chopped tomatoes or passata
- Red kidney beans
- Chickpeas
- Lentils
- Peanut butter
- Bag of mixed nuts
- Dried mixed herbs
- Chilli powder
- Curry powder
- Chia seeds

Fridge

- Kale
- Spinach
- Plant milks
- Tofu

Freezer

- Frozen berries
- Frozen mixed vegetables
- Frozen broccoli
- Soya mince
- Vegan sausages
- Oven chips

Other

- Bread
- Bananas
- Potatoes
- Apples

It is worth noting that some of the above will last longer than a week, so you will not need to purchase everything listed regularly.

Treats

