

# Healthy Gluten Free Vegan Whole Foods Shopping List

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 [loveveganliving.com/healthy-gluten-free-vegan-whole-foods-shopping-list/](https://loveveganliving.com/healthy-gluten-free-vegan-whole-foods-shopping-list/)

So you want to go shopping but you're not sure what to put on your list. This healthy gluten free vegan whole foods shopping list will take the hassle out of going to the shops to stock your kitchen for a week of healthy eating.

Simply go through the list and tick off any items which you already have in stock. Next, choose which items from each group you're going to buy that particular week.

Finally go shopping with your list in hand and stock up for a healthy tasty week of eating whole foods plant based meals.

You'll never look back!

## Gluten Free Grains & Seeds on a WFPB Diet

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**On a budget:** Choose wholegrain rice and white quinoa for the most economic option.



Rice – rice is a superb staple and so versatile for eating with a curry, in a buddha bowl or as a rice salad. Choose black, red or wholemeal for the most nutritious value.



Quinoa – one of the best seeds you can include in your diet. A complete protein and tasty too. You can get black, red or white quinoa. Black is the most flavoursome, followed by red and finally the white. White is the cheapest of the three options.



Oats- I don't buy oats personally because I prefer the top two. If you're gluten intolerant and you do buy oats, make sure to only buy ones which are labelled gluten free, because they are often contaminated with wheat.



Buckwheat – not essential by any means but an additional option if you want variation.

## Beans & Lentils on a WFPB Shopping List

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**On a budget:** choose dried chickpeas, borlotti/kidney beans and Pardina or beluga lentils.



Chickpeas

- Black beans
- Red beans
- Borlotti beans
- Judión or butter beans
- Black beluga lentils
- Pardina lentils

## Nuts & Pine Kernels

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**On a budget:** opt for cashews as you can make all the sauces and cheeses with cashews and walnuts for their brain-boosting powers and for adding to salads.



Cashews – They are king and if you don't buy any other nut I recommend you stock up on cashews as they can be used on salads or for making sauces like cashew nut sauce, vegan pesto, coriander pesto and vegan parmesan 'cheese'.



Any other nuts you like: peanuts, walnuts, almonds, hazelnuts.



Pine kernels are tasty but very expensive and in no way essential.

## Vegetables on a WFPB Diet

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### Root vegetables

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- Sweet potatoes
- Carrots
- Parsnips

### Leafy Vegetables

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- Rocket

- Spinach
- Salad leaves
- Lettuce

### Other Vegetables

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- Broccoli
- Cauliflower
- Red peppers
- Green peppers
- Eggplant
- Zucchini
- Mushrooms
- Sprouts
- Cabbage
- Pumpkin

### Base Foods

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- Onions
- Garlic
- Root ginger
- Red or yellow whole chilli peppers

## Basic Spices to Keep in Your Cupboard

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On a budget: stick to some chilli powder, turmeric and cumin.

- Ground cumin
- Ground coriander
- Turmeric powder
- Chilli powder
- Garam Masala

## Fresh Herbs

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On a budget: grow your own herbs.

- Fresh basil (salads and pesto)
- Coriander (curries, salads and cilantro sauce)
- Fresh parsley (tomato salad, parsley rice, sprinkled on food)
- Thyme (roasting vegetables in thyme)

## Dried Herbs

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- Oregano
- Parsley
- Sage

## Other

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Opt for plain, organic, firm tofu and it works out excellent value for money. Make sure it doesn't have any extra flavourings which can mean it contains gluten (and other nasties).

- Tahini (for making salad dressing, hummus, adding to stir-fry or topping on your food)
- Nutritional yeast (for cheesy flavouring)
- Peanut butter (for making spicy peanut sauce)
- Gluten free miso (adds a umami flavour to your dishes)
- Gluten free tempeh (great nutritional profile and rich in protein but can be expensive)
- Tofu (great in every way: added to sauces, air fried, baked, scrambled etc)

## Sauces

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Choose at least one of each or more for convenient condiments for making dressings.

- Tamari (add to sauces or salad dressings)
- Gluten free Ketjap Manis (add to sauces or salad dressings)
- Balsamic vinegar (use on salads)
- Apple cider vinegar (for making cashew nut sauce)

## Seeds etc.

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Chia seeds are great when you want to make a chia seed pudding.

- Whole flax seeds (grind them yourself in small quantities and eat 2 tbs per day sprinkled on food)
- Pumpkin seeds (sprinkle on salad)
- Sunflower seeds (sprinkle on salad)
- Chia seeds (add to your food for a protein boost)

## Cupboard Stock

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- Tinned chopped tomatoes
- Gluten free lentil or buckwheat pasta
- Brown rice noodles
- Salt (I opt for Himalayan salt)
- Pepper

## Flours

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- Chickpea flour (make chickpea flatbread, falafels and more)
- Agar agar (for thickening homemade vegan cheese)
- Tapioca flour (for thickening vegan cheese, and more)

## Dairy Replacement

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Generally you may like to choose one type of plant milk for simplicity, or you might like one better in coffee and another one in cooking for example.

- Almond milk
- Oat milk
- Soy milk
- Coconut milk

## Frozen Veg

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- Frozen peas
- Edamame beans

- Frozen fruits of the forest

## Fruit

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- bananas
- apples
- melon
- kiwi
- nectarine
- grapes
- cherries
- kaki

## Sweet Things

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- Vegan dark chocolate (preferably 85% or more)
- Maple syrup (for sweetening things)
- Medjool dates (as a treat, stuffed as a snack or used as a sweetener in recipes)
- Coconut oil (not oil-free wfpb but may be stocked for occasional treats)

Useful links:

[vegan faq](#), [surprisingly non-vegan foods](#), [how can I be 100% vegan? Where do I draw the line?](#)