

Self Quarantine Emergency Vegan Food List

veganwithcurves.com

Water (Level 1)

- water filter

Vegan Canned Goods (Level 2)

- **manual can opener**
- **canned soups**
 - Amy's or Trader Joes Vegetarian Chilli
 - lentil soup
 - vegetable soup
 - split pea soup
- **canned beans**
 - chickpeas
 - lentils
 - white beans
 - black beans
 - red beans
 - [vegan refried beans](#)
- **canned vegetables**
 - corn
 - heart of palm
 - peas
 - green beans
 - artichokes
 - banana blossoms
 - mushrooms
 - Spinach & greens
- **canned fruit (in liquid, NOT syrup where required):**
 - diced tomatoes
 - crushed tomatoes
 - tomato paste
 - tomato sauce
 - olives
 - jackfruit
 - fruit cocktail
 - pineapples
 - peaches
 - pears
- **canned coconut milk**

Boxed/Packaged/Jar Goods

(Level 3)

- **nut butter:**
 - preferably peanut butter because it's the cheapest
 - almond butter
 - cashew butter
 - sunflower seed butter
- **boxed soups:**
 - [Lentil vegetable soup](#)
 - butternut squash soup
 - tomato soup
 - carrot soup
- **[Koyo Brand ramen noodles](#)**
- **semi-prepared food pouches:**
 - [Quick Cook Lentil, Quinoa, and Brown Rice Blend](#)
 - [Spanish Style](#)
 - [Roasted Garlic style](#)
- **boxed shelf friendly plant-based milk:**
 - soy
 - almond
 - coconut
 - oat
 - rice
- chickpeas
- lentils (red, brown and french)
- split peas (yellow and green)
- black beans
- red beans
- pinto beans
- lima beans
- [TVP](#)
- [soy curls](#)
- [shelf friendly tofu](#)
- **dried grains:**
 - brown rice
 - white rice
 - quinoa
 - millet
 - wild rice
 - old fashioned oats
 - buckwheat oat groats
 - farro
 - [Kamut](#)
 - [spelt](#)
 - quinoa flakes
 - cornmeal (white and/or yellow)
 - breadcrumbs
- **nuts and seeds:**
 - almonds

Dried Goods (Level 4)

- **dried beans:**

- cashews
- pine nuts
- Brazil Nuts
- flaxseeds
- chia seeds
- sunflower seeds
- walnuts
- pecans
- hemp seeds
- **flours:**
 - spelt flour
 - gluten-free all-purpose flour
 - chickpea flour
 - tapioca starch
 - arrowroot starch
 - sprouted wheat flour
 - vital wheat gluten
 - pre-mixed pancake and cake mixes
- **pasta (all varieties like spaghetti, lasagna, penne, spiral, etc):**
 - gluten-free pasta
 - Kamut pasta
- spelt pasta
- sprouted wheat pasta
- rice noodles
- **cereals:**
 - granola
 - kamut puffs
 - other cereal varieties you enjoy
- **snacks:**
 - tortilla chips
 - potato chips
 - vegetable chips
 - trail mixes,
 - granola bars
 - Crackers
 - popcorn
 - pretzels
 - protein and energy bars (Larabars, Clif, etc)

Semi-Perishable Foods (Level

5)

- **Potatoes (store in a dark cool place):**
 - sweet potatoes
 - white potatoes
- **apples: (preferably the sour green apples)**
- **oranges**
- **onions:**
 - red
 - yellow
 - white
- **garlic cloves**
- **winter squash:**
 - acorn
 - butternut
 - spaghetti squash
- **un riped avocados:**
- **vegan bakery goods:**
 - muffins
 - cakes
 - SOME bread (limit these items as they are not necessary or optimal for health)
- **frozen produce:**
 - fruit
 - vegetables
 - prepared meals
 - grains
 - frozen beans
 - vegan mock products
 - egg rolls
 - sprouted wheat bread
 - gluten-free bread
- **fresh produce:**
 - a bunch of greens (they can be frozen!)
 - raw sauerkraut
 - cabbage
 - applesauce
 - pineapples
 - gingerroot
 - turmeric root
 - lemons and limes
- **vegan mock products:**
 - vegan cheeses
 - vegan deli meats
 - vegan mayo
 - vegan butter

Perishable Foods (Level 6)

Other

- **herbs:**
 - mullein leaf
 - elderberry
 - red raspberry
 - hibiscus
 - orange peel
 - lemon peel
 - valerian root
- **supplements:**
 - [hemp protein powder](#)
 - [green powers](#)
 - [herbal vitamin C](#)
 - vegan vitamin D3
 - sea moss (read my [sea moss gel](#) article)
- **oil and vinegar:**
 - apple cider vinegar
 - olive oil
 - grapeseed oil
 - coconut oil
- **sweeteners:**
 - organic cane sugar
 - raisins
 - dates
 - maple syrup
 - brown sugar
 - molasses
- **spices/seasonings:**
 - sea salt
 - black pepper
 - turmeric
 - ginger powder
 - cumin
 - chili powder
 - garlic powder
 - [broth cubes](#)
- **shelf friendly condiments:**
 - salsa
 - ketchup
 - mustard
 - BBQ sauce