

VEGAN FOR A MONTH

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Use our shopping list of the following ingredients for 10 delicious, quick & simple Hellmann's recipes.

In support of
VEGANUARY 



Screenshot me or print me out and take me to the store!

FRESH

- Yellow Potato ⚡ ⌚
- Sweet potato ⚡
- Pumpkin
- Tomatoes
- Cilantro
- Avocado ⚡
- Red or yellow onions
- Garlic ⚡ ⌚
- Salads
- Peppers
- Lime ⌚
- Portobello mushrooms ⚡
- Tofu
- Vegan cheese

KEY

⚡ SUPERFOOD ⌚ LONG LASTING

PANTRY

- Black beans ⌚
- Chickpeas ⌚
- Sweet corn ⌚
- Brown rice ⌚
- Quinoa ⚡ ⌚
- Hellmann's Vegan Dressing & Spread ⌚

BREADS

- Buns
- Whole wheat wraps
- Tortillas



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[CLICK HERE FOR OUR
RECIPE
COLLECTION](#) 

