



# VEGAN GROCERY LIST

## FRUITS

- ☐ berries
- ☐ melons
- ☐ pitted fruits
- ☐ apples
- ☐ bananas
- ☐ citrus

## NUTS & SEEDS

- ☐ almonds
- ☐ walnuts
- ☐ pine nuts
- ☐ hazel nuts
- ☐ chia seeds
- ☐ flax seeds
- ☐ pumpkin seeds
- ☐ sesame seeds
- ☐ hemp seeds

## HIGH-FAT FOODS

- ☐ oils
- ☐ avocado
- ☐ coconut
- ☐ olives

## VEGETABLES

- ☐ spinach or kale
- ☐ cauliflower
- ☐ carrots
- ☐ beets
- ☐ celery
- ☐ onions
- ☐ zucchini
- ☐ cucumbers
- ☐ bell peppers
- ☐ sweet potatoes

## BEANS & LEGUMES

- ☐ chickpeas
- ☐ lentils
- ☐ black beans
- ☐ pinto beans
- ☐ peas
- ☐ navy beans
- ☐ kidney beans
- ☐ tofu
- ☐ tempeh
- ☐ edamame
- ☐ soy milk

## WHOLE GRAINS

- ☐ quinoa
- ☐ barley
- ☐ wild rice
- ☐ brown rice
- ☐ popcorn
- ☐ buckwheat
- ☐ whole-grain bread
- ☐ whole-grain pasta

## CONDIMENTS & SPICES

- ☐ nutritional yeast
- ☐ garlic
- ☐ ginger
- ☐ basil
- ☐ thyme
- ☐ cinnamon
- ☐ curry powder
- ☐ stevia
- ☐ agave nectar
- ☐ maple syrup
- ☐ soy sauce
- ☐ hummus