



GROCERY LIST FOR VEGAN



WHOLE GRAINS

- Brown rice
- Brown rice wrap
- Bulgur
- Couscous
- Ezekiel bread
- Ezekiel buns
- Oats
- Popcorn kernels
- Quinoa
- Sesame noodles
- Wheat germ
- Whole-grain bread

PRODUCE

- Apples
- Applesauce
- Avocado
- Asparagus
- Bananas
- Beets
- Blueberries
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Chipotle peppers
- Corn
- Corn on the cob
- Cucumbers
- Fresh arugula
- Fresh basil
- Fresh cilantro
- Fresh parsley
- Fresh thyme
- Garlic
- Grapefruit

- Grapes
- Green onions
- Kiwi
- Leeks
- Lemons
- Limes
- Mango
- Mixed greens
- Mushrooms
- Onions
- Oranges
- Parsnips
- Pears
- Plum tomatoes
- Pumpkin
- Red bell peppers
- Shallots
- Spinach
- Sweet potatoes
- Swiss chard
- Tomatoes
- Yellow bell peppers
- Yellow potatoes
- Zucchini

PROTEINS

- Black beans
- Chickpeas
- Edamame
- Kidney beans
- Lentils
- Pinto beans
- Protein powder (hemp or soy)
- Puy lentils
- Tempeh
- Tofu (firm)

MISCELLANEOUS

- All-natural peanut butter
- Almond butter
- Almond milk

- Apple cider vinegar
- Avocado oil
- Balsamic vinegar
- Black pepper
- Chili powder
- Cinnamon
- Coconut butter
- Coffee
- Dark chocolate
- Dijon mustard
- Dried apricots
- Dried basil
- Dried oregano
- Flaxseed
- Ground coriander
- Ground cumin
- Herbal tea
- Molasses
- Olive oil
- Pine nuts
- Raisins
- Red wine vinegar
- Salsa
- Sea salt
- Sesame seeds
- Slivered almonds
- Soy yogurt
- Tahini
- Tamari
- Toasted sesame oil
- Tomato paste
- Tomato sauce
- Trail mix
- Unsalted almonds
- Unsalted pecans
- Walnuts