

Vegan Grocery Shopping List

Fruit

apples
bananas
orange, lemon, lime, grapefruit
grapes
peaches
plums
cherries
blackberries, blueberries
raspberries, strawberries
honeydew, cantaloupe, watermelon
mango, persimmon
pineapple, starfruit
pomegranate
tomatoes - cherry, large
avocados
pears
figs
nectarines, apricots
kiwi
cherries

Vegetables

broccoli
artichoke
carrots
zucchini, acorn squash, squash
mushrooms
bell peppers, green, red, orange
brussels sprouts
cauliflower
asparagus
celery

eggplant
okra
sugar snap peas
green beans
cucumbers
kale, spinach
spinach
lettuce - romaine, butter, leaf
sprouts
sweet potatoes, yams
onion - red, white, green
garlic, ginger
corn - a grain but also a vegetable
potatoes - red, gold, white
root vegetables - turnips etc.

Dairy Free Products

Silk dairy free milk of your choice
dairy free coffee creamer
yogurt alternative
dairy free sour cream
dairy free cream cheese
dairy free cheese
dairy free butter/margarine
dairy free ricotta

Egg Substitute

packaged egg substitute
chia seed or flax seed

Organic Bread

whole wheat bread
whole grain sprouted bread
bagels
tortillas
pita bread
nann

Grains and Pasta

rice - brown, wild, black, blend
quinoa
farro
polenta - also comes refrigerated
whole grain pasta - penne, fusilli etc.
soba noodles
steel cut oats
wheat germ

Dried Beans & Legumes

pinto beans
kidney beans
black beans
split peas
lentils
barley
great northern
Navy beans
