

HEALTHY VEGETARIAN GROCERY LIST

Produce

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| <ul style="list-style-type: none"> • Salad greens • Kale • Tomatoes • Spinach • Avocado • Carrots • Green beans • Bell peppers | <ul style="list-style-type: none"> • Onion • Garlic • Sweet potatoes • Mushrooms • Eggplant • Corn • Summer squash • Zucchini | <ul style="list-style-type: none"> • Butternut Squash • Jalapeno • Cilantro • Apples • Bananas • Lemon or lime • Berries • Melon |
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Protein

- Tofu
- Tempeh
- Vegan sausage
- Cheese
- Yogurt
- Milk (Dairy or non-dairy)
- Eggs
- Hummus

Bulk Foods

- Dried beans
- Quinoa
- Rolled oats
- Lentils
- Brown Rice
- Nuts: almonds, walnuts, cashews
- Dried fruit
- Chia seeds
- Ground flaxseed

Herbs/Spices

- Nutritional yeast
- Italian seasoning
- Taco seasoning
- Garlic powder
- Onion powder
- Chili powder
- Smoked paprika
- Oregano
- Cumin
- Salt
- Black Pepper

Canned Goods/Pantry

- Peanut or Almond butter
- Canned diced tomatoes
- Tomato paste
- Canned beans
- Vegetable broth
- Whole grain pasta
- Whole wheat bread

Frozen Foods

- Frozen fruit: berries, mango, pineapple
- Frozen vegetables: peas, green beans, brussels sprouts, corn, endamame

Oils, Vinegars, and Condiments

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| <ul style="list-style-type: none"> • Olive or Canola oil • Vinegar: balsamic, apple cider, red wine, rice | <ul style="list-style-type: none"> • Mustard • Ketchup • Vegan worcestershire sauce | <ul style="list-style-type: none"> • Sriracha • BBQ Sauce • Vanilla |
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