

Vegan grocery list



Vegetables

- ◯ Spinach
- ◯ Kale
- ◯ Broccoli
- ◯ Carrots
- ◯ Bell peppers
- ◯ Onions
- ◯ Garlic
- ◯ Sweet potatoes
- ◯ Mushrooms
- ◯ Zucchini

Fruit

- ◯ Bananas
- ◯ Apples
- ◯ Lemons
- ◯ Avocados
- ◯ Oranges

Beans, lentils and tofu

- ◯ Firm tofu
- ◯ Tempeh
- ◯ Chickpeas
- ◯ Black beans
- ◯ Red lentils
- ◯ Canned white beans

Grains and bread

- ◯ Brown rice
- ◯ Rolled oats
- ◯ Whole wheat pasta
- ◯ Quinoa
- ◯ Couscous
- ◯ Whole grain bread
- ◯ Tortillas

Nuts, seeds and spreads

- ◯ Peanut butter
- ◯ Tahini
- ◯ Almonds
- ◯ Walnuts
- ◯ Sunflower seeds
- ◯ Chia seeds
- ◯ Ground flaxseed

Pantry and seasoning

- ◯ Olive oil
- ◯ Canned tomatoes
- ◯ Vegetable broth
- ◯ Soy sauce
- ◯ Nutritional yeast
- ◯ Cumin
- ◯ Smoked paprika
- ◯ Maple syrup

Fridge and plant milks

- ◯ Oat milk
- ◯ Soy yogurt
- ◯ Hummus
- ◯ Vegan cheese
- ◯ Coconut milk

Freezer

- ◯ Frozen peas
- ◯ Frozen spinach
- ◯ Frozen berries
- ◯ Edamame

Listonic

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