

# The Ultimate Vegan Grocery List

Mobile Use: Click "copy" at the top right to customize + check items off. Print: Click "pdf" at the top right to download a PDF + print. Happy shopping!

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## Fruits

- Apples
- Bananas
- Cantaloupe
- Dates
- Frozen Fruit
- Grapes
- Oranges/Tangerines
- Orange Juice
- Watermelon

## Vegetables

- Artichoke
- Carrots
- Cucumber
- Eggplant
- Frozen Mixed Veggies
- Mushrooms
- Squash
- Tomatoes

## Greens

- Broccoli
- Brussel Sprouts
- Green Beans
- Kale
- Romaine
- Spinach

## Carbs

- Bagels
- Bread
- Cereal
- Oatmeal
- Pasta
- Potatoes
- Rice (dry or frozen)
- Tortillas

## Proteins

- Beans (canned or dry)
  - Egg Substitute
  - Hummus
  - Meat Substitute
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- Nutrition Bars
- Veggie Patties

- Tofu

## Fats

- Avocado
- Nuts & Seeds
- Nut Butter
- Olive Oil

## Cooking

- Basil
- Garlic
- Marinara
- Vegetable Broth
- Curry
- Ginger
- Onion

## Condiments

- Jelly
- Mustard
- Salad Dressing
- Ketchup
- Nutritional Yeast

## Vegan Dairy

- Cheese
- Cream Cheese
- Yogurt
- Cottage Cheese
- Milk

## Snacks & Treats

- Chips
- Dried Fruit
- Cookies
- Ice Cream