

Vegan/Vegetarian Grocery List

Carbs

Whole Wheat Tortillas
Beans (whole or refried)
Lentils
Bean , Lentil or Soybean Pasta
Sweet potatoes
Brown rice
Quinoa
Apples
Banana
Orange
Oats
Berries (any kind)

Protein

Tofu
High Protein Tofu
Temp
Seitan
Beyond Meat Crumbles or Griller Strips
Gardein Chick'n strips with out the sauce
Boca Burgers Original or Turkey Flavored
Tofurkey
Morning Star vegan crumbles

Fat

Walnuts
Pepitas - raw pumpkin kernels
Avocado
Peanut butter/Almond butter
Olive Oil
Coconut spray

Produce/Veggies

Broccoli/Cauliflower
Dark leafy greens
Onion
Peppers
Spinach
Cabbage
Tomatoes
Cucumbers
Green Onions

Milk

Silk Nut milk
Soy milk

Condiments

Salsa

Hot Sauce

Mustard

Balsamic or other Vinegars

Herbs fresh and dried