





# Grocery LIST

WEEK \_\_\_\_\_

DATE \_\_\_\_\_

## LEGUMES & GRAINS


## FRUITS & VEGETABLES


## FROZEN


## PANTRY


## DAIRY ALTERNATIVES


## OTHERS


# Sample Vegan

# GROcery LIST

## LEGUMES & GRAINS

- RICE
- QUINOA
- OATS
- PASTA
- KIDNEY BEANS
- CHICKPEAS
- BLACK BEANS
- LENTILS

## FRUITS

- APPLES
- BANANAS
- BERRIES
- LEMONS / LIMES
- AVOCADOS
- DATES
- MANGOES
- PEACHES
- ORANGES
- CHERRIES

## DRINKS

- COCONUT WATER
- SPARKLING WATER
- JUICE
- TEA

## VEGETABLES

- ONIONS
- GARLIC
- POTATOES
- BROCCOLI
- ZUCCHINI
- BRUSSELS SPROUTS
- MUSHROOMS
- LEAFY GREENS
- CUCUMBERS
- CAULIFLOWER
- PEPPERS
- CARROTS
- TOMATOES

## PROTEINS

- TOFU
- TEMPEH
- SEITAN

## FROZEN

- FROZEN FRUIT
- VEGGIE BURGERS
- FROZEN VEGETABLES
- DAIRY-FREE ICE CREAM

## DAIRY ALTERNATIVES

- PLANT-BASED MILK
- PLANT-BASED YOGURT
- DAIRY-FREE CHEESE
- VEGAN BUTTER

## NUTS & SEEDS

- ALMONDS
- CASHEWS
- WALNUTS
- PEANUTS
- SUNFLOWER SEEDS
- CHIA SEEDS
- FLAX SEEDS
- HEMP SEEDS

## PANTRY

- OIL
- VINEGAR
- MAPLE SYRUP / AGAVE
- NUT BUTTER
- SOY SAUCE
- CANNED COCONUT MILK
- TOMATO SAUCE
- SPICES