



**Fitness
Foodie
Healthy**

VEGAN GROCERY LIST



Vegan Grocery List

FRUITS

- AVOCADOS
- BANANAS
- BLACKBERRIES
- BLUEBERRIES
- CHERRIES
- FIGS
- GRAPEFRUITS
- LEMONS
- LIMES
- KIWI
- NECTARINES
- ORANGES
- PASSIONFRUIT
- POMEGRANATES
- PINEAPPLES
- RASPBERRIES
- WATERMELON
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VEGGIES

- ASPARAGUS
- BROCCOLI
- CARROTS
- CAULIFLOWER
- CELERY
- CUCUMBERS
- GREEN BEANS
- KALE
- MUSHROOMS
- ONIONS
- PEPPERS
- POTATOES
- SPINACH
- SQUASH
- SWEET POTATO
- TOMATOES
- ZUCCHINI
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PROTEINS/LEGUMES

- BLACK BEANS
- CHEESES (VEGAN)
- CHICKPEAS
- EDAMAME
- KIDNEY BEANS
- LENTILS
- MOCK MEAT
- TEMPEH
- TOFU
- VEGAN EGG SUBST
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BAKING GOODS

- APPLESAUCE (UNSWEETENED)
- ALMOND FLOUR
- BAKING POWDER
- BAKING SODA
- CACAO POWDER
- CANNED COCONUT MILK
- COCONUT FLOUR
- DARK CHOCO CHIPS
- OATS
- PURE VANILLA EXTRACT
- RAW CANE SUGAR
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GRAINS

- AMARANTH
- BARLEY
- BUCKWHEAT
- BROWN BREAD
- COUSCOUS
- FARRO
- OATS
- QUINOA
- WHOLE GRAIN PASTA
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NUTS & SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- CHIA SEEDS
- FLAXSEED
- HEMP SEEDS
- HAZELNUTS
- NUT/SEED BUTTERS
- PISTACHIOS
- PUMPKIN SEEDS
- WALNUTS
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SWEETENERS

- MEDJOL DATES
- MONK FRUIT
- PURE MAPLE SYRUP
- STEVIA
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CONDIMENTS

- KETCHUP (VEGAN)
- MUSTARD (VEGAN)
- SRIRACHA
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OTHER

- COFFEE/TEA
- HERBS & SPICES
- KOMBUCHA
- NUT/SEED MILKS
- NUTRITIONAL YEAST
- OILS (COCONUT/ETC)
- SUPERFOOD POWDERS
- VINEGARS
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