

Simple Vegan Grocery Guide

| FRUITS | VEGETABLES | GRAINS & LEGUMES | NUTS & SEEDS | PLANT-BASED ALTERNATIVES | CONDIMENTS |
|--|--|---|---|--|---|
| <p><i>Fresh</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Pears <input type="checkbox"/> Oranges <input type="checkbox"/> Bananas <input type="checkbox"/> Grapes <input type="checkbox"/> Melon <input type="checkbox"/> Lemons & Limes <input type="checkbox"/> Jackfruit <p><i>Frozen</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Berries <input type="checkbox"/> Acai <input type="checkbox"/> Mangoes <input type="checkbox"/> Pineapple <input type="checkbox"/> Coconut <p><i>Dried</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Dates <input type="checkbox"/> Figs <input type="checkbox"/> Raisins <input type="checkbox"/> Cranberries | <ul style="list-style-type: none"> <input type="checkbox"/> Mushrooms <input type="checkbox"/> Cauliflower <input type="checkbox"/> Cucumber <input type="checkbox"/> Tomatoes <input type="checkbox"/> Carrots <input type="checkbox"/> Zucchini <input type="checkbox"/> Squash <input type="checkbox"/> Broccoli <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Eggplant <input type="checkbox"/> Corn <input type="checkbox"/> Kale <input type="checkbox"/> Swiss Chard <input type="checkbox"/> Spinach <input type="checkbox"/> Green Lettuce <input type="checkbox"/> Spring Mix <input type="checkbox"/> Alfalfa Sprouts <input type="checkbox"/> Avocado <input type="checkbox"/> White Potatoes <input type="checkbox"/> Sweet Potatoes | <ul style="list-style-type: none"> <input type="checkbox"/> Lentils <input type="checkbox"/> Black Beans <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Chickpeas <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Cornmeal <input type="checkbox"/> Quinoa <input type="checkbox"/> Oatmeal <input type="checkbox"/> Jasmine Rice <input type="checkbox"/> Basmati Rice <input type="checkbox"/> Brown Rice <input type="checkbox"/> Amaranth <input type="checkbox"/> Millet <input type="checkbox"/> Vegan Baking Mix | <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Pumpkin Seeds <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Walnuts <input type="checkbox"/> Pecans <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Hemp Seeds <input type="checkbox"/> Flax Seeds <input type="checkbox"/> Nut and Seed Butters | <ul style="list-style-type: none"> <input type="checkbox"/> Tofu <input type="checkbox"/> Tempeh <input type="checkbox"/> Almond, Pea, Soy, Cashew, & Coconut Milks <input type="checkbox"/> Almond, Soy, & Coconut Yogurts <input type="checkbox"/> Chicken-less Strips <input type="checkbox"/> Beef-less Patties <input type="checkbox"/> Fish-less filets <input type="checkbox"/> Veggie Burgers <input type="checkbox"/> Vegan Cheese | <ul style="list-style-type: none"> <input type="checkbox"/> Soy Sauce <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Sriracha <input type="checkbox"/> Tomato Sauce <input type="checkbox"/> Vegan Mayo |
| | | | | | <p>SNACKS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Popcorn <input type="checkbox"/> Tortilla Chips <input type="checkbox"/> Pretzels <input type="checkbox"/> Hummus <input type="checkbox"/> Guacamole <input type="checkbox"/> Crackers |