



Whole Food Vegetarian Shopping List

Produce

- Bananas (7–10)
- Apples (4–6)
- Berries (fresh or frozen – strawberries, blueberries)
- Oranges (2–3)
- Grapes (1 bunch)
- Pears (2)
- Avocados (4–5)
- Sweet potatoes (3–4 medium)
- White potatoes (3–4)
- Cherry tomatoes (1 pint)
- Tomatoes (2–3 medium)
- Cucumber (2)
- Carrots (6–8)
- Baby carrots (1 bag)
- Bell peppers (3–4, various colors)
- Spinach (1 large bag or container)
- Kale or romaine (1 head or bag)
- Zucchini or squash (2)
- Cauliflower (1 head or frozen bag)
- Broccoli (2 heads or frozen bags)

- Red cabbage (½ head)
 - Green onions (1 bunch)
 - Onions (yellow or red – 2–3)
 - Garlic (1 bulb)
 - Lemons or limes (2–3)
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Frozen

- Frozen mango or mixed fruit (for smoothies)
 - Frozen bananas (or freeze your own)
 - Frozen spinach (optional backup for fresh)
 - Frozen broccoli or mixed stir-fry veggies (for ease)
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Whole Grains & Bread

- Old-fashioned rolled oats (large container)
 - Steel-cut oats (optional)
 - Brown rice (1–2 cups dry or 1 bag)
 - Quinoa (1 cup)
 - Whole grain bread (1 loaf)
 - Whole grain tortillas or wraps (6–8)
 - Whole wheat pasta
 - Spaghetti squash (1 large)
 - Whole grain pizza crust or mini pita rounds
 - Whole grain crackers
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Canned/Packaged Goods

- Black beans (2–3 cans or cook from dry)

- Pinto beans (1–2 cans)
 - Chickpeas (2–3 cans)
 - Lentils (1–2 cups dry or 2 cans)
 - White beans (1 can or 1 cup dry)
 - Low-sodium vegetable broth (1–2 cartons)
 - Natural peanut butter or almond butter
 - Hummus (or ingredients to make your own)
 - Tomato sauce or marinara (2 jars)
 - Canned corn (1–2 cans)
 - Tamari or low-sodium soy sauce
 - Natural applesauce (optional for baking/muffins)
 - Nut-free or almond granola (low sugar)
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Nuts, Seeds, & Extras

- Chia seeds
 - Flaxseeds (ground)
 - Hemp seeds
 - Walnuts or almonds (1 bag)
 - Pumpkin seeds (pepitas)
 - Dates or raisins
 - Cashews (for creamy sauces/dips)
 - Nutritional yeast
 - Cinnamon
 - Olive oil or avocado oil (for roasting, optional)
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Plant-Based Milks

- Unsweetened almond, oat, or soy milk (2–3 cartons)

Optional Treats / Add-ons

- Whole wheat English muffins (for variety)
- Popcorn kernels (for air-popped snack)
- Natural maple syrup or date syrup (for pancakes/oats)