

# Vegan Grocery List

## Fruits and Vegetables:

- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Leafy greens (spinach, kale, arugula)
- Broccoli
- Bell peppers
- Carrots
- Sweet potatoes
- Avocados
- Tomatoes

## Whole Grains:

- Quinoa
- Brown rice
- Oats
- Whole grain bread
- Whole wheat pasta

## Plant-Based Proteins:

- Lentils
- Chickpeas
- Black beans
- Tofu or tempeh
- Edamame

## Dairy Alternatives:

- Almond milk or cocnut milk
- Coconut yogurt

## Healthy Fats:

- Olive oil
- Coconut oil
- Nuts (almonds, walnuts)
- Seeds (chia seeds, flaxseeds)

## Herbs and Spices:

- Garlic
- Ginger
- Turmeric
- Basil
- Oregano

## Snacks:

- Hummus
- Rice cakes
- Nut butter (almond or peanut butter)

## Condiments:

- Apple cider vinegar
- Nutritional yeast
- Tamari or low-sodium soy sauce