

Healthy Vegetarian Grocery List

VEGETABLES

- Acorn squash
- Artichoke
- Arugula
- Asparagus
- Beet
- Berries
- Bell pepper
- Broccoli
- Brussels sprouts
- Bok choy
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushroom
- Onion
- Parsnips
- Potatoes
- Romaine
- Spinach
- Squash
- Swiss Chard
- Sweet potatoes
- Tomato
- Zucchini

PROTEIN

- Tofu
- Tempeh
- Vegan Sausage (Tofurky and Field Roast are my favorite brands)
- Cheese
- Yogurt
- Milk (Non-dairy or dairy)
- Eggs
- Hummus

FRUIT

- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Kiwi
- Mango
- Melon
- Oranges
- Peaches
- Pears
- Plums
- Pineapple
- Pomegranate
- Watermelon

BULK FOODS

- Almonds
- Almond butter
- Brown rice
- Cashews
- Chia seeds
- Coconut flakes
- Dried Beans
- Dried fruit
- Ground flaxseed
- Hemp hearts
- Lentils
- Peanut butter
- Pumpkin seeds/pepitas
- Quinoa
- Rolled oats
- Walnuts

FROZEN FOODS

- Bread (I like Ezekial bread)
- Frozen fruit
- Frozen vegetables

PANTRY STAPLES

- Apple cider vinegar
- Balsamic vinegar
- Canned beans
- Canned vegetables
- Coconut milk
- Coconut oil
- Curry paste
- Ginger paste
- Hot sauce
- Ketchup
- Mustard
- Nutritional yeast
- Olive oil
- Olives
- Red wine vinegar
- Rice vinegar
- Salsa
- Sriracha
- Tomatoes (canned diced)
- Tahini
- Teriyaki sauce
- Tomato Paste
- Tomato sauce
- Vanilla extract
- Vegetable broth
- Whole grain pasta

HERBS/SPICES

- Black pepper
- Cumin
- Curry powder
- Garlic powder
- Italian seasoning
- Onion powder
- Oregano
- Rosemary
- Salt
- Smoked paprika
- Taco seasoning

