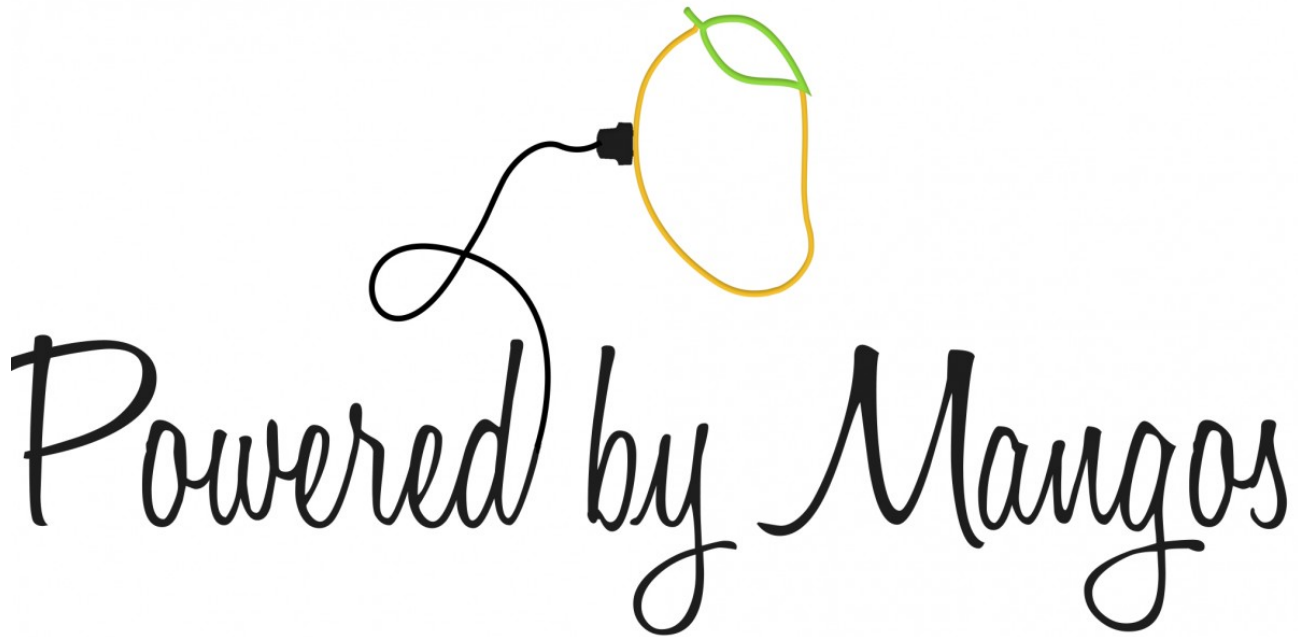


The Ultimate Vegan Grocery List

Mobile Use: Click "copy" at the top right to customize + check items off. Print: Click "pdf" at the top right to download a PDF + print. Happy shopping!



Fruits

- | | |
|--|------------------------------------|
| ☐ Apples | ☐ Bananas |
| ☐ Cantaloupe | ☐ Dates |
| ☐ Frozen Fruit | ☐ Grapes |
| ☐ Oranges/Tangerines | ☐ Orange Juice |
| ☐ Watermelon | |

Vegetables

- | | |
|--|---------------------------------|
| ☐ Artichoke | ☐ Carrots |
| ☐ Cucumber | ☐ Eggplant |
| ☐ Frozen Mixed Veggies | ☐ Mushrooms |
| ☐ Squash | ☐ Tomatoes |

Greens

- | | |
|-----------------------------------|---------------------------------------|
| ☐ Broccoli | ☐ Brussel Sprouts |
| ☐ Green Beans | ☐ Kale |
| ☐ Romaine | ☐ Spinach |

Carbs

- ☐ Bagels
- ☐ Cereal
- ☐ Pasta
- ☐ Rice (dry or frozen)
- ☐ Bread
- ☐ Oatmeal
- ☐ Potatoes
- ☐ Tortillas

Proteins

- ☐ Beans (canned or dry)
- ☐ Hummus
- ☐ Nutrition Bars
- ☐ Veggie Patties
- ☐ Egg Substitute
- ☐ Meat Substitute
- ☐ Tofu

Fats

- ☐ Avocado
- ☐ Nuts & Seeds
- ☐ Nut Butter
- ☐ Olive Oil

Cooking

- ☐ Basil
- ☐ Garlic
- ☐ Marinara
- ☐ Vegetable Broth
- ☐ Curry
- ☐ Ginger
- ☐ Onion

Condiments

- ☐ Jelly
- ☐ Mustard
- ☐ Salad Dressing
- ☐ Ketchup
- ☐ Nutritional Yeast

Vegan Dairy

- ☐ Cheese
- ☐ Cream Cheese
- ☐ Yogurt
- ☐ Cottage Cheese
- ☐ Milk

Snacks & Treats

☐ Chips

☐ Cookies

☐ Dried Fruit

☐ Ice Cream

<https://poweredbymangos.com/>

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