

# A Vegetarian Athlete's Grocery List

If you're new to vegetarian cooking, I'd recommend choosing a few ingredients from the list that sound good, then looking for a specific recipe on No Meat Athlete (or elsewhere) that incorporates those ingredients.

- ☐ Shopping, veggie-style
- ☐ Fruit
- ☐ Vegetables
- ☐ Legumes
- ☐ Wheat Products
- ☐ Breakfast Cereals:
- ☐ Nuts and Seeds
- ☐ Spreads and Pastes
- ☐ Oils
- ☐ Vinegars
- ☐ Protein powder
- ☐ Soy Products