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

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