VEGAN SHOPPING LIST

The author explains it as “to have a simple, pure mind, open to possibilities.

- [ ] Vegan Shopping List
- [ ] Milk Substitutes
- [ ] Butter Substitutes
- [ ] Cheese Substitutes
- [ ] Egg Substitutes
- [ ] Meat Substitutes
- [ ] Sweeteners
- [ ] Nuts, Seeds & Dried Fruits
- [ ] Vegetables
- [ ] Protein
- [ ] Plant-Based Meat Substitutes
- [ ] Legumes
- [ ] For the cupboard & refrigerator

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