

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