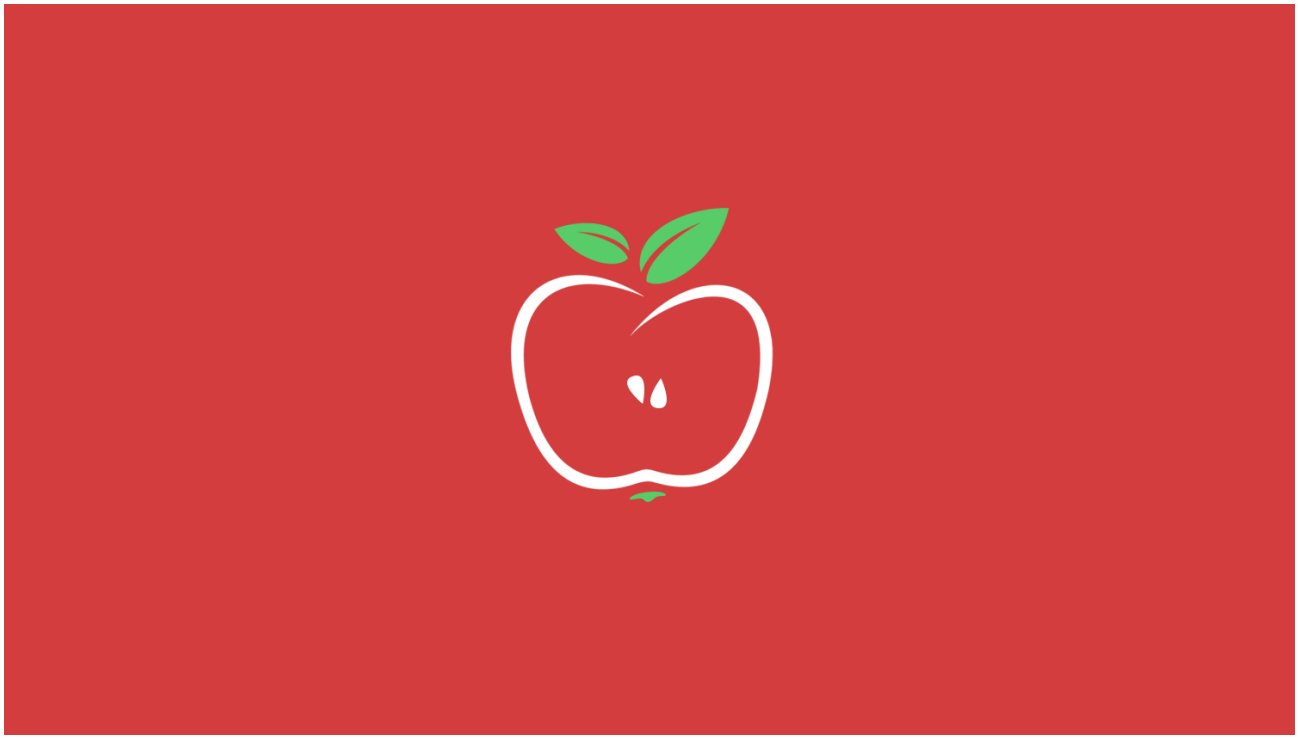
BUILDING A HEALTHY VEGAN GROCERY LIST

There are so many amazing vegan foods out there, you may be surprised by just how many options there are! Here's just a few examples of some of the foods vegans eat.



FRUITS & VEGETABLES

- [ ] Buy fruits and vegetables from all the categories below. Pick up affordable basics like carrots, apples, bananas, and celery, and supplement with produce that's on sale/in season.

FRUITS

- [ ] Frozen fruit is useful for smoothies and baking (previously frozen fruit for topping oatmeal or non-dairy yogurts) Dried fruit can be taken on the go with nuts or trail mix used as a topping for breakfast cereal, and in baking.

FRESH

- [ ] Apples
- [ ] Pears
- [ ] Kiwis
- [ ] Oranges
- [ ] Grapefruit
- [ ] Lemons
- [ ] Limes
- [ ] Peaches

- [ ] Plums
- [ ] Nectarines
- [ ] Bananas
- [ ] Raspberries
- [ ] Blackberries
- [ ] Watermelon
- [ ] Honeydew
- [ ] Cantaloupe
- [ ] Apricots
- [ ] Grapes
- [ ] Mangoes
- [ ] Cherries
- [ ] Strawberries
- [ ] Blueberries

FROZEN

- [ ] Strawberries
- [ ] Raspberries
- [ ] Blueberries
- [ ] Mixed berry blends
- [ ] Sweet cherries
- [ ] Mango
- [ ] Mixed fruit blends

DRIED

- [ ] Raisins
- [ ] Currants
- [ ] Cranberries
- [ ] Apricots
- [ ] Dates
- [ ] Figs
- [ ] Apple slices

- [ ] Banana chips

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