

# 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