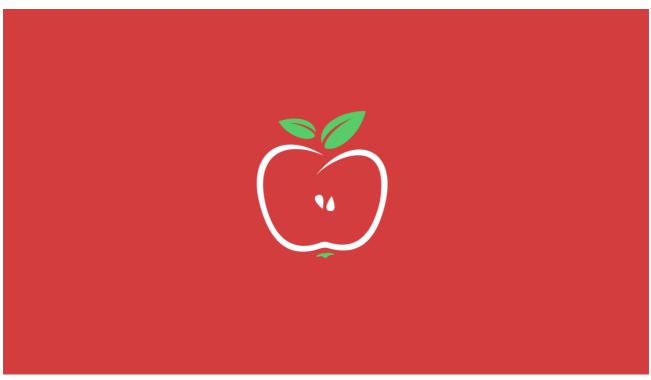
BUILDING A HEALTHY VEGAN GROCERY LIST

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	
	Raspberries Blueberries	
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