



Vegan Grocery List

<p>Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus <input type="checkbox"/> Avocado <input type="checkbox"/> Bell Peppers <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Corn <input type="checkbox"/> Cucumber <input type="checkbox"/> Garlic <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Potatoes <input type="checkbox"/> Radishes <input type="checkbox"/> Sprouts <input type="checkbox"/> Squash <input type="checkbox"/> Sugar Snap Peas <input type="checkbox"/> Sweet Potatoes <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>Fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Blackberries <input type="checkbox"/> Blueberries <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Mangoes <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Plums <input type="checkbox"/> Pomegranate Seeds <input type="checkbox"/> Raspberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Watermelon <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>Healthy Fats</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado <input type="checkbox"/> Olives <input type="checkbox"/> Extra Virgin Oils <p>Nuts</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Cashews <input type="checkbox"/> Chestnuts <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Macadamia Nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pine Nuts <input type="checkbox"/> Pistachios <input type="checkbox"/> Walnuts <p>Seeds</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Flax Seeds <input type="checkbox"/> Hemp Seeds <input type="checkbox"/> Pumpkin Seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Sunflower Seeds <p>Other: _____</p> <p>_____</p>	<p>Vegan Dairy Substitutes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almond Milk <input type="checkbox"/> Coconut Yogurt <input type="checkbox"/> Hemp Milk <input type="checkbox"/> Oat Milk <input type="checkbox"/> Soy Milk <input type="checkbox"/> Soy Yogurt <input type="checkbox"/> Tempeh <input type="checkbox"/> Tofu <input type="checkbox"/> Vegan Cheese <p>Other: _____</p> <p>_____</p>
<p>Leafy Greene</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arugula <input type="checkbox"/> Bok Choy <input type="checkbox"/> Kale <input type="checkbox"/> Lettuce <input type="checkbox"/> Romaine <input type="checkbox"/> Salad Mixes <input type="checkbox"/> Spinach <input type="checkbox"/> Spring Greens <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>Dried fruits</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple <input type="checkbox"/> Cranberries <input type="checkbox"/> Dates <input type="checkbox"/> Figs <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>Nuts & Seeds Butters</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almond Butter <input type="checkbox"/> Mixed Nut & Seed Butters <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Tahini <p>Other: _____</p> <p>_____</p>	<p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apple Sauce <input type="checkbox"/> Canned Beans <input type="checkbox"/> Canned Tomatoes <input type="checkbox"/> Guacamole <input type="checkbox"/> Harissa <input type="checkbox"/> Hummus <input type="checkbox"/> Miso Paste <input type="checkbox"/> Mustard <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Salsa <input type="checkbox"/> Sriracha Sauce <input type="checkbox"/> Sun Dried Tomatoes <input type="checkbox"/> Vinegar <input type="checkbox"/> Tomato Paste <p>Other: _____</p> <p>_____</p>
<p>Whole Grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Rice (brown, black) <input type="checkbox"/> Cornflakes <input type="checkbox"/> Farro <input type="checkbox"/> Millet <input type="checkbox"/> Oats <input type="checkbox"/> Quinoa <input type="checkbox"/> Rye <input type="checkbox"/> Spelt <input type="checkbox"/> Whole Grain Pasta <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>Spices And Herbs</p> <ul style="list-style-type: none"> <input type="checkbox"/> Basil <input type="checkbox"/> Bay Leaf <input type="checkbox"/> Chili Powder <input type="checkbox"/> Chives <input type="checkbox"/> Cumin <input type="checkbox"/> Curry <input type="checkbox"/> Dill <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Ginger <input type="checkbox"/> Nutmeg <input type="checkbox"/> Onion Powder <input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>Legumes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Black Beans <input type="checkbox"/> Chickpeas <input type="checkbox"/> Edamame <input type="checkbox"/> Fava Beans <input type="checkbox"/> Green Beans <input type="checkbox"/> Kidney beans <input type="checkbox"/> Lentils (yellow, red, black) <input type="checkbox"/> Lima Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Red Beans <input type="checkbox"/> Snow Peas <input type="checkbox"/> Soy Beans <input type="checkbox"/> Split Peas <p>Other: _____</p> <p>_____</p> <p>_____</p>	<p>For Baking</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baking Powder <input type="checkbox"/> Baking Soda <input type="checkbox"/> Cocoa <input type="checkbox"/> Coconut Oil <input type="checkbox"/> Corn Starch <input type="checkbox"/> Ground Flax Seed <input type="checkbox"/> Whole Grain Flour <p>Misc</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coffee <input type="checkbox"/> Tea <input type="checkbox"/> Matcha