



Simple

VEGAN EATING

GROCERY LIST

WEEKLY SHOPPING

Tomatoes
Oranges
Apples
Mangos
Berries
Grapefruit
Bananas
Avocados
Mushrooms
Spinach/Kale/Leafy
Greens
Broccoli
Seasonal veggies

BI-WEEKLY

Lemons
Limes
Beets
Onions
Sweet Potatoes
Potatoes
Carrots
Bell Peppers
Squash
Plant Based Milk
Chips
Hummus
Tofu
Kombucha
Salsa
Bread

KEEP STOCKED IN YOUR KITCHEN

PANTRY

Olive Oil
Green Tea
Organic Garbanzo Beans
Organic Black Beans
Organic Refried (Vegan)
Pinto Beans
Vegetable Broth
Nuts and raw Cashews
Dried Goji Berries
Dried Coconut Flakes
Chia Seeds
Pine Nuts
Quinoa
Rice
Steel Cut Oats
Coffee

FRIDGE

Hemp Seeds
Flax Seeds
Maple Syrup
Dijon Mustard
Tahini
Tamari
Apple Cider Vinegar
Plant Based Butter
Almond Butter

FREEZER

Frozen Papaya or Pineapple
Frozen Berries or Mango
Frozen Peas
Frozen Edemame
Frozen Vegan Burgers or
Bean Burgers
Cloves of Garlic

SPICE CUPBOARD

Iodized Salt
Pepper
Tandoori
Cayenne
Cumin
Curry
Turmeric
Cinnamon
Lemon Pepper
Vanilla Extract
Thyme
Rosemary
Red Pepper Flakes
Ginger Root

SUPPLEMENTS

Vitamin B12
Iron