



Vegan Diet Shopping List



Vegetables

- Spinach
- Broccoli
- Kale
- Carrots
- Cauliflower
- Bell peppers
- Tomatoes
- Zucchini

Plant-based Proteins

- Tofu
- Tempeh
- Seitan
- Plant-based protein powders
- Edamame
- Hemp seeds
- Chickpea flour
- Nutritional yeast

Grains and Legumes

- Quinoa
- Brown rice
- Lentils
- Chickpeas
- Black beans
- Oats
- Barley

Nuts and Seeds

- Almonds
- Walnuts
- Chia seeds
- Pumpkin seeds
- Cashews
- Sesame seeds
- Peanut butter

Condiments and Spices

- Olive oil
- Coconut oil
- Balsamic vinegar
- Soy sauce
- Nut butter
- Spices (cumin, turmeric, paprika, etc.)

Fruit

- Apples
- Bananas
- Oranges
- Blueberries
- Strawberries
- Avocado
- Watermelon
- Pineapple

Dairy Alternatives

- Almond milk
- Soy milk
- Coconut milk
- Cashew cheese
- Vegan yogurt
- Oat milk
- Coconut yogurt
- Vegan butter



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

