Vegetarian Grocery List

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Fresh vegetables

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Avocado
- ☐ Bamboo shoots
- ☐ Beets
- ☐ Bell peppers
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cassava
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Collard greens
- ☐ Corn
- ☐ Crisphead lettuce
- ☐ Cucumber
- ☐ Daikon
- ☐ Eggplant
- ☐ Endive
- ☐ Garlic
- ☐ Ginger
- ☐ Hot peppers
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leaf lettuce
- ☐ Mushrooms
- ☐ Nopales
- ☐ Okra
- ☐ Onions
- ☐ Peas
- ☐ Potatoes
- ☐ Radishes
- ☐ Radicchio
- ☐ Romaine lettuce
- ☐ Shallots / Leeks
- ☐ Spinach
- ☐ Sprouts
- ☐ Squash
- ☐ Sweet potatoes
- ☐ Taro
- ☐ Tomatillo
- ☐ Tomatoes
- ☐ Turnips / Parsnips
- ☐ Water chestnuts
- ☐ Watercress
- ☐ Zucchini
- ☐ _____
- ☐ _____

Nuts & Seeds

- ☐ Almonds
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Chestnuts
- ☐ Macadamia
- ☐ Peanuts
- ☐ Pecans
- ☐ Pine nuts
- ☐ Pistachios
- ☐ Walnuts
- ☐ Flax
- ☐ Lotus
- ☐ Pumpkin
- ☐ Sunflower
- ☐ _____

Fresh fruits

- ☐ Apples
- ☐ Apricots
- ☐ Avocados
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cantelope
- ☐ Cherries
- ☐ Cranberries
- ☐ Dates / Figs
- ☐ Grapes
- ☐ Grapefruit
- ☐ Guava
- ☐ Honeydew / Muskmelon
- ☐ Kiwis
- ☐ Kumquats
- ☐ Lemons
- ☐ Limes
- ☐ Lychee
- ☐ Mango
- ☐ Mangosteen
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Plantains
- ☐ Plums
- ☐ Pomegranate
- ☐ Quince
- ☐ Raspberries
- ☐ Rhubarb
- ☐ Strawberries
- ☐ Watermelon
- ☐ _____
- ☐ _____

Beans

- ☐ Black beans
- ☐ Black-eyed peas
- ☐ Chickpeas
- ☐ Edamame
- ☐ Fava beans
- ☐ Kidney beans
- ☐ Lentils
- ☐ Lima beans
- ☐ Mung beans
- ☐ Navy beans
- ☐ Pinto beans
- ☐ Red beans
- ☐ Split peas
- ☐ White beans
- ☐ _____
- ☐ _____

Canned foods

- ☐ Applesauce
- ☐ Baked beans
- ☐ Chili
- ☐ Fruits
- ☐ Olives
- ☐ Soups
- ☐ Tomatoes
- ☐ Vegetable broth
- ☐ Veggies
- ☐ _____
- ☐ _____

Grains

- ☐ Amaranth
- ☐ Barley
- ☐ Brown rice
- ☐ Buckwheat
- ☐ Bulgar
- ☐ Cornmeal
- ☐ Couscous
- ☐ Millet
- ☐ Oatmeal
- ☐ Quinoa
- ☐ Sorghum
- ☐ Wheat gluten (Seitan)
- ☐ White rice
- ☐ Wild rice
- ☐ _____
- ☐ _____
- ☐ _____

Herbs and spices

- ☐ Allspice
- ☐ Anise
- ☐ Bay leaf
- ☐ Basil
- ☐ Black pepper
- ☐ Cayenne pepper
- ☐ Celery seed
- ☐ Chives
- ☐ Chili powder
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Clove
- ☐ Coriander
- ☐ Cumin
- ☐ Dill
- ☐ Fennel
- ☐ Garlic
- ☐ Lavender
- ☐ Lemongrass
- ☐ Marjoram
- ☐ Nutmeg
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Peppermint
- ☐ Poppy seed
- ☐ Red pepper
- ☐ Rosemary
- ☐ Saffron
- ☐ Sage
- ☐ Spearmint
- ☐ Tarragon
- ☐ Thyme
- ☐ Tumeric
- ☐ Vanilla
- ☐ _____
- ☐ _____

Snacks

- ☐ Candy / Gum
- ☐ Cookies
- ☐ Crackers
- ☐ Dried fruit/Trail mix
- ☐ Granola / Cereal bars
- ☐ Popcorn
- ☐ Potato / Corn chips
- ☐ Prunes / Raisins
- ☐ Pretzels
- ☐ _____
- ☐ _____

Condiments &Sauces

- ☐ Agave nectar
- ☐ BBQ sauce
- ☐ Brown rice syrup
- ☐ Gravy
- ☐ Harissa
- ☐ Honey
- ☐ Hot sauce
- ☐ Jam / Jelly / Preserves
- ☐ Ketchup / Mustard
- ☐ Maple syrup
- ☐ Mayo product
- ☐ Peanut butter
- ☐ Ponzu
- ☐ Salad dressing
- ☐ Salsa
- ☐ Soy sauce
- ☐ Sriracha
- ☐ Stir fry sauce
- ☐ Tomato sauce
- ☐ Veg. Worcestershire
- ☐ _____

Beverages

- ☐ Beer
- ☐ Club soda / Tonic
- ☐ Electrolyte water
- ☐ Juices
- ☐ Kombucha
- ☐ Liquor
- ☐ Mixers
- ☐ Soda pop
- ☐ Sports drink
- ☐ Wine
- ☐ _____
- ☐ _____

Dairy & cheese or substitutes

- ☐ Almond butter
- ☐ Almond milk
- ☐ Bleu cheese
- ☐ Butter / Soy butter
- ☐ Cheddar
- ☐ Cottage cheese
- ☐ Cream cheese
- ☐ Cream / Soy creamer
- ☐ Feta
- ☐ Margarine / Soy
- ☐ Milk / Soy milk
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Provolone
- ☐ Rice milk
- ☐ Ricotta
- ☐ Sandwich slices
- ☐ Sour cream
- ☐ Swiss
- ☐ Whipped topping
- ☐ Yogurt / Soy yogurt
- ☐ _____
- ☐ _____

Oils

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Vegetable oil
- ☐ White vinegar

Frozen

- ☐ Fries / Tater tots
- ☐ Ice cream / Soy I.C.
- ☐ Phyllo / Puff pastry
- ☐ Popsicles
- ☐ Prepared meals
- ☐ Sorbet
- ☐ Vegetables
- ☐ Veggie breakfasts
- ☐ Veggie burgers
- ☐ Veggie burritos
- ☐ Veggie pizzas
- ☐ _____
- ☐ _____

Various groceries

- ☐ Cereal
- ☐ Chai
- ☐ Coffee / Filters
- ☐ Free-range eggs
- ☐ Egg substitute
- ☐ Lemon / Lime juice
- ☐ Liquid smoke flavor
- ☐ Nutritional yeast
- ☐ Pancake / Waffle mix
- ☐ Pasta
- ☐ Pickles
- ☐ Tahini
- ☐ Tea
- ☐ Tempeh
- ☐ Tofu
- ☐ TVP
- ☐ Veggie dogs
- ☐ _____
- ☐ _____

Fresh-baked

- ☐ Bagels / Croissants
- ☐ Buns / Rolls
- ☐ Cake
- ☐ Donuts / Pastries
- ☐ Fresh / Sliced bread
- ☐ Pitas / Tortillas
- ☐ _____
- ☐ _____

Home baking

- ☐ Baking powder / Soda
- ☐ Bread crumbs
- ☐ Cake icing / Decorations
- ☐ Cake / Brownie mix
- ☐ Chocolate chips / Cocoa
- ☐ Flour
- ☐ Stevia
- ☐ Sugar
- ☐ Sugar substitute
- ☐ Vegetable shortening
- ☐ Yeast
- ☐ _____
- ☐ _____

Vinegars

- ☐ Apple cider vinegar
- ☐ Balsamic vinegar
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐ _____

Other

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Potential animal-derived ingredients:

- ☒ Albumen
- ☒ Aspic
- ☒ Calcium stearate
- ☒ Carmine (E120)
- ☒ Cholesterol
- ☒ Fat
- ☒ Gelatin
- ☒ Glucosamine
- ☒ Lard
- ☒ Lecithin
- ☒ Marine Oils
- ☒ Oleic acid
- ☒ Pepsin
- ☒ Rennin / Rennet
- ☒ Shortening
- ☒ Stearic acid
- ☒ Suet
- ☒ Whey