

VEGETARIAN GROCERY LIST

FRESH PRODUCE

Leafy Greens (Spinach/Kale)

Root Vegetables

Seasonal Fruits

Alliums (Garlic/Onion)

Fresh Herbs

PLANT PROTEINS

Tofu / Tempeh

Dried Lentils / Beans

Canned Chickpeas

Quinoa

Greek Yogurt / Eggs

GRAINS & PANTRY

Brown Rice / Farro

Oats / Muesli

Nut Butters

Olive Oil / Vinegar

Vegetable Stock

FRIDGE & SNACKS

Raw Nuts / Seeds

Hummus

Plant Milk

Cheese (Rennet-free)

Frozen Berries

Additional Notes / Specialty Items: