The Ultimatest Vegetarian Grocery List!

Compliments of www.grocerylists.org

*For Lacto-ovo-vegetarians

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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
- Dikon
- 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

**Fresh fruits**
- Apples
- Apricots
- Avocado
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates / Figs
- Grapes
- Guava
- Honeydew / Muskmelon
- Kiwi
- 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

**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
- Lemon grass
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Poppy seed
- Red pepper
- Rosemary
- Saffron
- Sage
- Spearmint
- Tarragon
- Thyme
- Tumeric
- Vanilla

**Canned foods**
- Applesauce
- Baked beans
- Chili
- Fruts
- Olives
- Soups
- Tomatoes
- Vegetable broth
- Vegetables

**Condiments & Sauces**
- Agave nectar
- BBQ sauce
- Brown rice syrup
- Gravy
- Harissa
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- 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

**Fresh-baked**
- Bagels / Croissant
- Buns / Rolls
- Cake
- Donuts / Pastries
- Fresh / Sliced bread
- Pie! Pie! Pie!
- 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

**Dairy & cheese or substitutes**
- Almond butter
- Almond milk
- Bleu cheese
- Butter / Soy butter
- Cheddar
- Cottage cheese
- Cream cheese
- Cream / Soy creamer
- Feta
- Margarine / Soy marg.
- Milk / Soy milk
- Mozzarella
- Parmesan
- Provolone
- Rice milk
- Ricotta
- Sandwich slices
- Sour cream
- Swiss
- Whipped topping
- Yogurt / Soy yogurt

**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

**Vinegars**
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar

**Oils**
- Sesame oil
- Olive oil
- Vegetable oil
- White vinegar

**Snacks**
- Candy / Gum
- Cookies
- Crackers
- Dried fruit / Trail mix
- Granola / Cereal bars
- Popcorn
- Potato / Corn chips
- Pretzels

**Other**

**Nuts**
- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Macadamia
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

**Seeds**
- Flax
- Feta
- Lotus
- Pumpkin
- Sunflower

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**IMPORTANT: Please leave this list in the cart when you're done :)**

**If found, please mail to** Grocerylists.org, P.O. Box 752, St. Louis, MO 63188 USA

Grocerylists.org is the world’s largest online collection of found grocery lists. Visit our blog, our hilarious Top 10 lists, learn about our book of shopping lists or just waste time browsing the thousands of discarded lists in the collection: www.grocerylists.org.

The Ultimatest GROCERY LIST: THE VEGETARIAN VERSION (v1.0) ©2007-2011 BILL KEAGGY & GROCERYLISTS.ORG

*Yes, I know tomatoes technically are classified as fruits, not vegetables — and some nuts are fruits or seeds. This list is comprehensive but not complete. Please send friendly suggestions for improving it.*

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**When you go...**
- Take canvas bags!
- Plastic bags to recycle?
- Clip coupons!
- Stock up on sale items?
- Return anything?

**Animal-derived ingredients!**
- Albumen
- Aspic
- Calcium caseinate
- Carrageenan (E407)
- Cholesterol
- Coloring
- Cornstarch
- Gelatin
- Guar gum
- Hydroxypropyl cellulose
- Lecithin
- Lignin
- Lysine
- Modified starch / Cornstarch
- Modified wheat starch
- Maltodextrin
- Monoglycerides / Monostearin
- Nano-technology
- Natural flavoring
- Nutritional yeast
- Oregano
- Poduction aids
- P wolves
- Protein
- Salt
- Shortening
- Soy lecithin
- Soy protein
- Tapioca
- Tapioca starch
- Tapioca syrup
- Triglycerides
- Vegetable broth
- Vegetable gums
- Vegetable shortening
- Whey