## The Ultimatest Vegetarian Grocery List!

**Compliments of www.grocerylists.org**

*For Lacto-ovo-vegetarians*

### 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
- Cabbage
- Kale
- Kohlrabi
- Leaf lettuce
- Mushrooms
- Nopales
- Okra
- Onions
- Peas
- Potatoes
- Radishes
- Radicchio
- Romaine lettuce
- Shallots / Leeks
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- Turnip / Parsnips
- Water chestnuts
- Watercress
- Zucchini

### Fresh fruits
- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates / Figs
- Grapes
- Grapefruit
- Guava
- Honeydew/Musk melon
- Kiwi
- Kumquats
- Lemons
- Limes
- Lychee
- Mango
- Mangosteen
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plantains
- Plums
- Pomegranate
- Quince
- Raspberries
- Rhubarb
- Strawberries
- Watermelon

### 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
- Fruits
- Olives
- Soups
- Tomatoes
- Vegetable broth
- Veggies

### Condiments & Sauces
- Ale
- BBQ sauce
- Brown rice syrup
- Gravy
- Harissa
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayo product
- Peanut butter
- Fonzu
- Salad dressing
- Salsa
- Soy sauce
- Sriracha
- Stir fry sauce
- Tomato sauce
- Veg. Worcestershire

### Beverages
- Beer
- Club soda / Tonic
- Electrolyte water
- Juices
- Kombucha
- Licor
- Mixers
- Soda pop
- Sports drink
- Wine

### Fresh-baked
- Bagels / Croissants
- Buns / Rolls
- Cake
- Donuts / Pastries
- Fresh / Sliced bread
- Pies! Pie! Pie!
- Pitas / Tortillas

### Dairy & cheese or substitutes
- Almond butter
- Almond milk
- Bleu cheese
- Butter / Soy butter
- Cheddar
- Cottage cheese
- Cream cheese
- Cream / Soy creamer
- Peta
- 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
- Popcakes
- Prepared meals
- Sorbet
- Vegetables
- Veggie breakfasts
- Veggie burgers
- Veggie burritos
- Veggie pizzas

### Various groceries
- Cereal
- Chai
- Coffee / Filters
- Free-range eggs
- Egg substitute
- Hummus
- Lemon / Lime juice
- Nutritional yeast
- Pancake / Waffle mix
- Pasta
- Pickles
- Tahini
- Tea
- Tempeh
- Tofu
- TVP
- Veggie dogs

### 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

### 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

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

### Seeds
- Flax
- Flaxseed
- Lotus
- Pumpkin
- Sunflower
- "

### importer
- Immigrant
- "

### IMPORTANT:
Please leave this list in the cart when you’re done :-)

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

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