

The Ultimatest Vegetarian* Grocery List!

Compliments of www.grocerylists.org

*For Lacto- & 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
- 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

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

Seeds

- 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
- _____
- _____

Grains

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Bulgur
- 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
- Turmeric
- Vanilla
- _____
- _____

Canned foods

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

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 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
- _____
- _____

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
- _____
- _____

Fresh-baked

- Bagels / Croissants
- 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
- _____
- _____

Vinegars

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

Oils

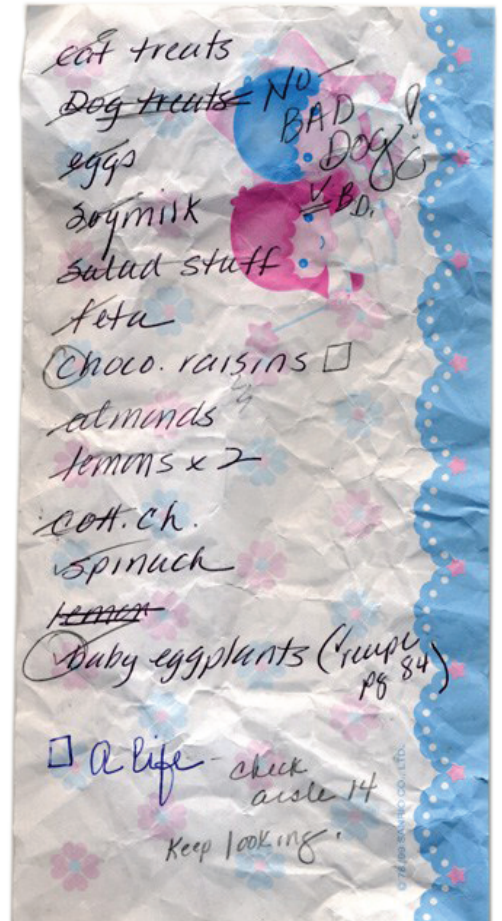
- Sesame oil
- Olive oil
- Vegetable oil
- White vinegar
- _____

Snacks

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

Other

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



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

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When you go...

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

Animal-derived ingredients!

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