



# Flexitarian Diet Shopping List



## Vegetables

- Avocado
- Spinach
- Broccoli
- Carrots
- Cauliflower
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Sweet potatoes
- Mushrooms

## Protein

- Lentils
- Chickpeas
- Black beans
- Quinoa
- Tofu
- Greek yogurt
- Eggs

## Meat and Seafood

- Turkey breast
- Salmon
- Shrimp
- Tuna

## Grains:

- Brown rice
- Quinoa
- Oats
- Barley
- Whole wheat bread
- Whole grain pasta
- Farro

## Nuts and Seeds

- Almonds
- Walnuts
- Cashews
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Nut butter (peanut butter, almond butter)

## Miscellaneous

- Hummus
- Dark chocolate
- Honey
- Maple syrup
- Olive oil

## Fruit

- Apples
- Bananas
- Oranges
- Strawberries
- Blueberries
- Grapes
- Pineapple
- Mango
- Kiwi
- Watermelon

## Dairy and Dairy Alternatives

- Almond milk
- Coconut milk
- Soy milk
- Greek yogurt
- Cottage cheese
- Cheddar cheese
- Mozzarella
- Feta cheese
- Ricotta cheese
- Goat cheese



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

