



Vegetarian Diet Shopping List



Vegetables

- Spinach
- Broccoli
- Potato
- Cauliflower
- Carrots
- Bell peppers
- Tomatoes
- Zucchini

Nuts and Seeds

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Hemp seeds
- Sunflower seeds
- Pumpkin seeds
- Cashews

Oil and Fat

- Olive oil
- Coconut oil
- Avocado oil
- Flaxseed oil
- Sesame oil
- Peanut butter

Grains and Cereals

- Almonds
- Walnuts
- Chia seeds
- Flaxseeds
- Hemp seeds
- Sunflower seeds
- Pumpkin seeds
- Cashews

Legumes and Pulses

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Green peas
- Black-eyed peas
- Soybeans
- Tofu

Fruit

- Apples
- Bananas
- Oranges
- Berries
(strawberries,
blueberries,
raspberries)
- Avocado
- Grapefruit
- Mango

Dairy and Eggs

- Milk (almond
milk, soy milk)
- Yogurt
(coconut yogurt,
soy yogurt)
- Cheese (or
plant-based
alternatives such
as vegan cheese)
- Eggs



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

