· PLANT · POWERED · PLATE ·

Vegetarian

GROCERY LIST

PRODUCE

- [ ] Spinach
- [ ] Kale
- [ ] Tomatoes
- [ ] Cucumber
- [ ] Bell peppers
- [ ] Avocados
- [ ] Broccoli
- [ ] Carrots
- [ ] Mushrooms
- [ ] Sweet potatoes
- [ ] Onions
- [ ] Garlic

GRAINS & PASTA

- [ ] Whole-grain pasta
- [ ] Brown rice
- [ ] Sourdough bread
- [ ] Rolled oats
- [ ] Couscous
- [ ] Tortillas

PROTEIN & LEGUMES

- [ ] Tofu (firm)
- [ ] Tempeh
- [ ] Chickpeas (cans)
- [ ] Black beans
- [ ] Lentils (dry)
- [ ] Quinoa
- [ ] Edamame
- [ ] Hummus

DAIRY-FREE

- [ ] Almond milk
- [ ] Oat milk
- [ ] Coconut yogurt
- [ ] Vegan cheese
- [ ] Vegan butter

PANTRY

- [ ] Olive oil
- [ ] Nutritional yeast
- [ ] Tahini
- [ ] Maple syrup
- [ ] Nuts & seeds
- [ ] Spices set
- [ ] Tamari / soy sauce