

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
- Liqueur
- 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
- Lemon / Lime juice
- Liquid smoke flavor
- 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

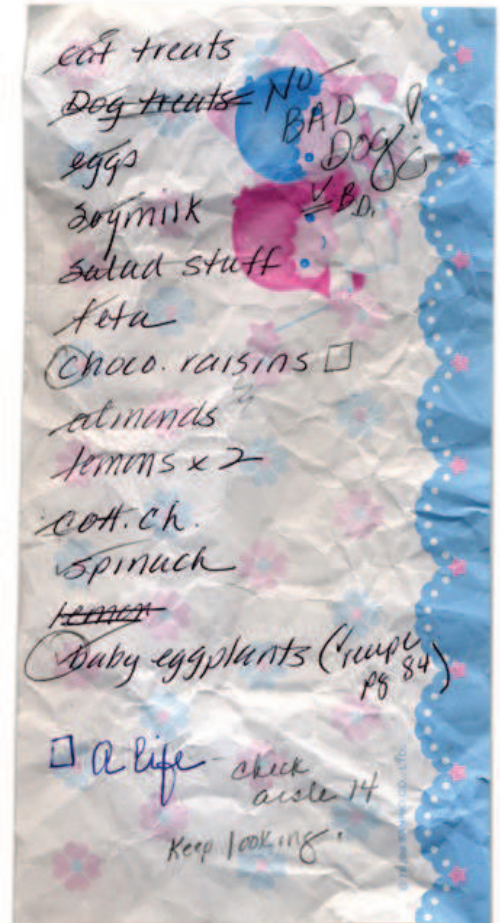
- Sesame oil
- Olive oil
- Vegetable oil
- White vinegar
- _____

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

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

When you go...

- Take canvas 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