

Vegetarian Grocery List

FOOD



Fresh Vegetables

- ☐ Avocado
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Cabbage
- ☐ Carrots
- ☐ Celery
- ☐ Corn
- ☐ Garlic
- ☐ Cucumber
- ☐ Tomatoes
- ☐ Leaf lettuce
- ☐ Spinach
- ☐ Mushrooms
- ☐ Onions
- ☐ Potatoes



Fresh Fruits

- ☐ Apples
- ☐ Bananas
- ☐ Cherries
- ☐ Grapes
- ☐ Lemons
- ☐ Oranges
- ☐ Pears
- ☐ Blueberries
- ☐ Raspberries
- ☐ Strawberries
- ☐ Watermelon



Grains

- ☐ Brown rice
- ☐ Oatmeal
- ☐ White rice
- ☐ Wild rice



Beans

- ☐ Black beans
- ☐ Chickpeas
- ☐ Kidney beans
- ☐ Navy beans
- ☐ Red beans
- ☐ White beans
- ☐ Lentils



Nuts

- ☐ Almonds
- ☐ Cashews
- ☐ Pistachios
- ☐ Walnuts



Condiments/ Sauces

- ☐ BBQ sauce
- ☐ Pasta sauce
- ☐ Worcestershire sauce
- ☐ Ketchup
- ☐ Mustard
- ☐ Relish
- ☐ Salsa
- ☐ Mayo
- ☐ Salad dressing
- ☐ Jam/ Jelly / Preserves
- ☐ Peanut butter



Baked Goods

- ☐ Bagels
- ☐ Buns/ Rolls
- ☐ Donuts/ Pastries
- ☐ Fresh bread
- ☐ Pita bread
- ☐ Sliced bread



Dairy Products

- ☐ Butter
- ☐ Yogurt
- ☐ Milk/ Soy milk
- ☐ Cheddar
- ☐ Parmesan
- ☐ Sandwich cheese slices



Herbs and Spices

- ☐ Bay leaf
- ☐ Basil
- ☐ Parsley
- ☐ Cilantro
- ☐ Rosemary
- ☐ Oregano
- ☐ Chili powder
- ☐ Black pepper
- ☐ Salt



Canned foods

- ☐ Chili
- ☐ Soups
- ☐ Tomatoes
- ☐ Veggies

Vegetarian Grocery List



Frozen

- ☐ Ice cream
- ☐ Popsicles
- ☐ Vegetables
- ☐ Fries/ Tater tots



Snacks

- ☐ Cookies
- ☐ Chips
- ☐ Popcorn
- ☐ Dried fruit/ Trail mix
- ☐ Granola/ Cereal bars
- ☐ Prunes/ Raisins



Beverages

- ☐ Soda pop
- ☐ Sports drink
- ☐ Juice
- ☐ Wine
- ☐ Beer



Various Groceries

- ☐ Cereal
- ☐ Coffee
- ☐ Tea
- ☐ Pancake/ Waffle mix
- ☐ Packaged soup
- ☐ Pasta
- ☐ Kraft Dinner
- ☐ Veggie dogs
- ☐ Tofu
- ☐ Pickles
- ☐ Olive oil

HOUSEHOLD



Personal care

- ☐ Facial tissue
- ☐ Feminine products
- ☐ Sunblock
- ☐ Cosmetics
- ☐ Moisturizing lotion
- ☐ Facial cleanser
- ☐ Shampoo/ Conditioner
- ☐ Bath soap/ Hand soap
- ☐ Floss
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Mouthwash



Kitchen

- ☐ Forks and spoons
- ☐ Non-stick spray
- ☐ Napkins
- ☐ Paper Towels
- ☐ Plastic wrap
- ☐ Sandwich/ Freezer bag
- ☐ Aluminum foil



Medicine

- ☐ Band-aids/ Medical
- ☐ Cold/ Flu/ Sinus
- ☐ Pain reliever



Cleaning products

- ☐ Dish soap
- ☐ Garbage bags
- ☐ Sponges/ Scrubbers