

FITSET

by: *Jess Hutchens*

SAMPLE VEGAN GROCERY LIST

Produce:

- Berries (strawberries, blueberries, raspberries, etc.)
- Bananas
- Grapes or watermelon
- Salad mix (spinach/kale, etc.)
- Broccoli/cauliflower
- Carrots
- Asparagus
- Cucumbers
- Tomatoes
- Sweet Potatoes
- Avocados
- Salsa or Pico de gallo
- Onions or pre-cut onions
- (Whatever fruit is in season and on sale!)

"Protein" Sources:

- Beyond Meat (Fry's, Whole Foods, Natural Grocers)
- Lentils and/or quinoa
- Black Beans, Garbanzo Beans, Mixed Beans, etc.
- Gardein or Boca "Meatless" products (Bealfess Tips, Meatless meatballs, crumbles, etc.)
- Hemp Seeds
- Protein Pasta (Explore Cuisine or Banza)
- Tofu, tempeh, seitan, etc.

"Fun Carbs"

- Ezekiel Bread or Dave's Killer Bread
- Tortillas (Ezekiel or lowest calorie ones I can find)
- Oatmeal

"Fun Fats"

- Peanuts, cashews, mixed nuts, etc.
- Hummus
- Cheese alternative (Daiya or Chao)
- Peanut butter
- Flaxseeds and/or chia seeds

- Almond, Oat, or Soy Milk (whatever you like!)
- Agave or stevia drops for sweetener