Vegetarian grocery list for beginners

Tick the boxes on your screen as you shop, or print it.

Vegetables and fruit

- [ ] Leafy greens: spinach, kale or salad leaves
- [ ] Broccoli, cauliflower or green beans
- [ ] Peppers, tomatoes, cucumber, carrots
- [ ] Onions, garlic, ginger
- [ ] Potatoes or sweet potatoes
- [ ] Mushrooms
- [ ] Bananas, apples, oranges, berries (fresh or frozen)
- [ ] Lemons or limes

Eggs and dairy

- [ ] Eggs
- [ ] Milk, or a fortified plant milk
- [ ] Natural or Greek yogurt
- [ ] Cheese: a hard cheese such as cheddar, plus feta, mozzarella or halloumi for cooking
- [ ] Cottage cheese or ricotta

Beans, lentils and plant proteins

- [ ] Canned chickpeas, black beans and kidney beans
- [ ] Red and green lentils
- [ ] Firm tofu
- [ ] Frozen edamame or peas
- [ ] Tempeh or veggie burgers (optional)

Grains and bread

- [ ] Oats
- [ ] Rice or quinoa
- [ ] Pasta
- [ ] Wholegrain bread or wraps

Nuts and seeds

- [ ] Peanut butter
- [ ] Walnuts or almonds
- [ ] Chia seeds or ground flaxseed
- [ ] Pumpkin or sunflower seeds

Pantry, sauces and spices

- [ ] Canned tomatoes and tomato paste
- [ ] Vegetable stock (many stock cubes contain meat, so check)
- [ ] Olive oil and rapeseed (canola) oil
- [ ] Soy sauce, pesto (check for animal rennet in the cheese), tahini
- [ ] Spices: cumin, paprika, curry powder, chilli flakes, Italian herbs
- [ ] Salt and black pepper

Freezer

- [ ] Frozen vegetables and stir-fry mixes
- [ ] Frozen fruit
- [ ] Frozen spinach

Let your meal plan write the list.
Vegochef turns your week of meals into a grocery list, sorted by aisle. Free for 7 days on the App Store.