



CHOMP SHOPPER

VEGETARIAN GROCERY LIST

FOR BEGINNERS

ABOUT 7 DAYS

2 ADULTS

FREE PRINTABLE

WEEK OF _____

PRODUCE

14

- ☐ Yellow onions 3
- ☐ Garlic 1 head
- ☐ Baby spinach 2 bags (5 oz)
- ☐ Bell peppers 3
- ☐ Broccoli 2 heads
- ☐ Sweet potatoes 2 lbs
- ☐ Carrots 1 lb bag
- ☐ Mushrooms 8 oz
- ☐ Avocados 3
- ☐ Bananas 1 bunch
- ☐ Apples 4
- ☐ Limes 3
- ☐ Extra-firm tofu 2 blocks (14 oz)
- ☐ Tempeh 1 pack (8 oz)

DAIRY & EGGS

4

- ☐ Eggs 1 dozen
- ☐ Greek yogurt 32 oz
- ☐ Shredded cheese 8 oz
- ☐ Milk or plant milk ½ gallon

PANTRY

6

- ☐ Red lentils 1 lb
- ☐ Brown rice 2 lbs
- ☐ Pasta 1 lb
- ☐ Rolled oats 18 oz
- ☐ Vegetable broth 32 oz
- ☐ Peanut butter 1 jar

BAKERY

1

- ☐ Tortillas 1 pack

FROZEN

1

- ☐ Frozen edamame 1 bag

CANNED & JARRED

4

- ☐ Black beans 3 cans
- ☐ Chickpeas 2 cans
- ☐ Diced tomatoes 2 cans
- ☐ Coconut milk 1 can

✕ LEAVE OUT

Beef, pork, chicken and other meat

Fish and seafood

Broths made from meat or fish

Gelatin (gummies, marshmallows, desserts)

Fish sauce in sauces and dressings

EASY SWAPS

- ~~Chicken broth~~ → **Vegetable broth**
- ~~Meaty texture~~ → **Mushrooms**
- ~~Tofu~~ → **Tempeh, paneer or halloumi**
- ~~Dairy milk~~ → **Plant milk**
- ~~Cheesy flavor~~ → **Nutritional yeast**

VEGETARIAN PANTRY STAPLES

- ☐ Salsa
- ☐ Red or brown lentils
- ☐ Rice (brown or white)
- ☐ Rolled oats
- ☐ Vegetable broth
- ☐ Cumin
- ☐ Smoked paprika
- ☐ Nutritional yeast (optional)
- ☐ Diced tomatoes and sauce
- ☐ Soy sauce
- ☐ Peanut butter
- ☐ Pasta
- ☐ Quinoa
- ☐ Olive oil and a neutral oil
- ☐ Chili powder
- ☐ Curry powder
- ☐ Black beans and chickpeas
- ☐ Coconut milk

SHOPPING TIPS

- One protein per dinner**
Rotate beans, lentils, tofu, eggs and cheese.
- Try dried beans**
A 1 lb bag costs about one or two cans and makes 3–4 times as much.
- Check cheese for rennet**
Animal rennet is common in many parmesans.
- Read broth labels**
Many soups and broths use chicken or beef stock.
- Use the freezer aisle**
Veg, edamame and veggie burgers keep for weeks.
- Press your tofu**
It crisps better. Have a sauce plan before you buy it.