

FREE VEGETARIAN SHOPPING LIST

Printable shopping checklist to accompany our 7-day vegetarian meal plan. Approximate quantities for about two adults; adjust for appetite, household size, pantry supplies and leftovers.

FRUIT & VEGETABLES

- ☐ Apples - about 6
- ☐ Bananas - about 5
- ☐ Berries, fresh or frozen - 400 g
- ☐ Seasonal fruit - extra as desired
- ☐ Spinach - 300-400 g (fresh/frozen)
- ☐ Broccoli - 1 large head
- ☐ Bell peppers - 3-4
- ☐ Carrots - 4-5
- ☐ Cucumbers - 2
- ☐ Tomatoes - 5-6
- ☐ Lettuce or salad leaves - 1 bag
- ☐ Small cabbage - 1/2
- ☐ Onions - 4-5
- ☐ Garlic - 1 bulb
- ☐ Sweet potatoes - 4 medium
- ☐ Avocados - 2
- ☐ Lemons/limes - 3-4
- ☐ Fresh parsley (optional)

CANNED, JARRED & DRY BEANS

- ☐ Cooked lentils - 2 cans (or dried)
- ☐ Black beans - 2 cans
- ☐ Chickpeas - 4-5 cans
- ☐ Kidney beans - 2 cans
- ☐ Crushed tomatoes - 3-4 cans
- ☐ Coconut milk - 1 can
- ☐ Salsa - 1 jar
- ☐ Hummus - 1 tub

GRAINS, BREAD & CEREALS

- ☐ Oats - 500 g
- ☐ Wholegrain bread - 1 loaf
- ☐ Spaghetti - 250-300 g
- ☐ Other pasta - 400 g
- ☐ Brown/white rice - 750 g dry
- ☐ Tortillas - 1 pack
- ☐ Pita bread - 1 pack
- ☐ Granola - 1 small bag

PROTEIN & DAIRY OPTIONS

- ☐ Firm tofu - 500-600 g
- ☐ Eggs - 4-6 (or tofu/chickpea flour)
- ☐ Greek yogurt or fortified soy yogurt
- ☐ Ricotta - 250 g (or tofu-based filling)
- ☐ Milk or fortified plant drink - 1-2 L
- ☐ Grated cheese (optional)

PANTRY, SAUCES & EXTRAS

- ☐ Peanut butter
- ☐ Chia seeds
- ☐ Walnuts
- ☐ Tahini
- ☐ Olive/rapeseed oil
- ☐ Reduced-sodium soy sauce
- ☐ Vegetarian curry powder or vegan curry paste
- ☐ Italian herbs, cumin, paprika, chili
- ☐ Salt, pepper, ginger (optional)
- ☐ Lemon juice if no fresh lemons

Check packaged labels for allergens and vegetarian/vegan suitability (especially sauces, curry paste and cheeses). This is a flexible list, not a price guarantee.