

# PLANT-BASED GROCERY LIST

fruits	vegetables	pantry
■ berries	■ sweet potatoes	■ coconut milk
■ apples	■ broccoli	■ olive oil
■ lemons	■ tomatoes	■ maple syrup
■ oranges	■ cucumber	■ vinegar
■	■	■
■	■	■
nuts and seeds	drinks	grains
■ almonds	■ sparkling water	■ rice
■ walnuts	■ coconut water	■ oats
■ cashews	■ herbal tea	■ quinoa
■ chia seeds	■ kombucha	■ pasta
■	■	■
■	■	■
proteins	others	
■ <input type="text" value="tofu"/>	■	■
■ <input type="text" value="tempe"/>	■	■
■	■	■