

# My Grocery List

Date: \_\_\_\_\_

- |                                                             |                                                                     |
|-------------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> coffee or/and tea<br>_____         | <input type="checkbox"/> vegan cheese<br>_____                      |
| <input type="checkbox"/> dairy-free milk<br>_____           | <input type="checkbox"/> lentils, beans and chickpeas<br>_____      |
| <input type="checkbox"/> sweetener / sugar<br>_____         | <input type="checkbox"/> tofu or tempeh<br>_____                    |
| <input type="checkbox"/> vegan yoghurt<br>_____             | <input type="checkbox"/> egg-free pasta<br>_____                    |
| <input type="checkbox"/> mushrooms<br>_____                 | <input type="checkbox"/> rice or grains<br>_____                    |
| <input type="checkbox"/> cauliflower<br>_____               | <input type="checkbox"/> nutritional yeast<br>_____                 |
| <input type="checkbox"/> baby spinach<br>_____              | <input type="checkbox"/> miso paste<br>_____                        |
| <input type="checkbox"/> tomatoes<br>_____                  | <input type="checkbox"/> soy sauce<br>_____                         |
| <input type="checkbox"/> sweet potatoes & potatoes<br>_____ | <input type="checkbox"/> vegan boullion cubes or powder<br>_____    |
| <input type="checkbox"/> salad greens<br>_____              | <input type="checkbox"/> spices (choose 2 or 3 each week)<br>_____  |
| <input type="checkbox"/> broccoli / broccolini<br>_____     | <input type="checkbox"/> flour<br>_____                             |
| <input type="checkbox"/> onions<br>_____                    | <input type="checkbox"/> baking powder and soda<br>_____            |
| <input type="checkbox"/> garlic and ginger<br>_____         | <input type="checkbox"/> cooking oil<br>_____                       |
| <input type="checkbox"/> avocados<br>_____                  | <input type="checkbox"/> canned jackfruit<br>_____                  |
| <input type="checkbox"/> carrots<br>_____                   | <input type="checkbox"/> coconut milk<br>_____                      |
| <input type="checkbox"/> celery<br>_____                    | <input type="checkbox"/> curry paste<br>_____                       |
| <input type="checkbox"/> lemon and limes<br>_____           | <input type="checkbox"/> bread<br>_____                             |
| <input type="checkbox"/> nut butter<br>_____                | <input type="checkbox"/> cereal or rolled oats (breakfast)<br>_____ |
| <input type="checkbox"/> cashews<br>_____                   | <input type="checkbox"/> sauerkraut or kimchi<br>_____              |
| <input type="checkbox"/> nuts and seeds<br>_____            | <input type="checkbox"/> mayonnaise<br>_____                        |

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