

My Vegan Grocery List

Fruits & Vegetables:

- Apples (3 lbs) - \$5
- Bananas (3 lbs) - \$3
- Carrots (3 lbs) - \$3
- Spinach (1 lb) - \$4
- Broccoli (1 lb) - \$3
- Sweet potatoes (3 lbs) - \$5
- Avocados (2) - \$4

Proteins & Grains:

- Hemp seeds (1 lb) - \$15
- Lentils (1 lb) - \$3
- Chickpeas (1 lb) - \$3
- Quinoa (1 lb) - \$5
- Brown rice (2 lbs) - \$4
- Rolled oats (1 lb) - \$3

Dairy Alternatives:

- Almond milk (1/2 gallon) - \$3
- Vegan yogurt (2-pack) - \$3

Pantry Staples:

- Olive oil (500 ml) - \$5
- Canned tomatoes (2 cans) - \$3
- Almond butter (8 oz) - \$4
- Soy sauce (5 oz) - \$2

Snacks:

- Hummus (8 oz) - \$3
- Mixed nuts (1/2 lb) - \$5

Total: \$98