

VEGAN

NJVEG

LIVING

Grocery Store Guide

PLANT-BASED EDITION

➡ NJVEG.ORG ⬅



Fruit

STRAWBERRIES

BANANAS

APPLES

PLUMS

PEACHES

ORANGE

BLUEBERRIES

BLACKBERRIES

LEMONS

LIME

POMEGRANATE

RASPBERRIES

KIWI

PAPAYA

STARFRUIT

PEARS

FIG

DATES

WATERMELON

CANTALOUPE

HONEY DEW

GRAPEFRUIT

CHERRIES

GRAPES

DRAGON FRUIT

PASSION FRUIT

MANGO

PEACH

PINEAPPLE

FROZEN FRUITS

Vegetables

KALE

SPINACH

CARROTS

ONIONS

GARLIC

HERBS

TOMATOES

YAM

BRUSSEL SPROUTS

STRING BEANS

SHALLOTS

SCALLION

TURNIPS

MUSHROOMS

OKRA

EDAMAME

POTATOES

ARUGULA

ARTICHOKE

EGGPLANT

RADISH

PUMPKIN

SPAGHETTI SQUASH

ACORN SQUASH

BELL PEPPERS

CHERRY TOMATOES

JALAPEÑO PEPPERS

CUCUMBER

ZUCCHINI

SQUASH

PEAS

CORN

BROCCOLI

CAULIFLOWER

CELERY

LEEKS

BEETS

CABBAGE

ROMAINE LETTUCE

FROZEN VEGGIES

Carbohydrates

PASTA
ORZO
JUICE
RICE CAKES
QUINOA
OATMEAL
BAGELS
BROWN RICE
POTATOES
RICE PACKETS
CANNED SOUP
VEGGIES BROTH
RICE PILAF
CRACKERS
GRANOLA BARS
TORTILLAS

WHOLE GRAIN PASTA
VEGGIE PASTA
GLUTEN FREE PASTA
VEGAN RAVIOLIS
BURGER BUNS
HASH BROWNS
PRE-MADE SALAD
UNBLEACHED FLOUR
BREAD FLOUR
SOURDOUGH BREAD
WHOLE GRAIN BREAD
BASMATI RICE
SPINACH &
WHOLEGRAIN WRAPS
VEGGIE DUMPLINGS
VEGAN MAC & CHEESE

Protein

CHICKPEA FLOUR VEGAN PROTEIN BARS VEGGIE BURGER VEGAN EGGS VEGAN BACON VEGAN GROUND BEEF ITALIAN VEGAN SAUSAGE BRATT VEGAN SAUSAGE VEGAN HOTDOGS NUTRITIONAL YEAST EZEKIEL BREAD VEGAN PROTEIN POWDER VEGAN BREAKFAST SAUSAGE RED LENTIL PASTA CHICKPEA PASTA FROZEN VEGAN CHICKEN VEGAN MEATBALLS FROZEN BEAN BURRITOS SPROUTED BREAD RED POTATOES	LENTILS CHICKPEAS BLACK BEANS PINTO BEANS REFRIED BEANS VEGAN CHILI OATS SPELT TOFU TEMPEH SEITAN SOY HUMMUS POLENTA ALMONDS CHIA SEEDS FLAX SEEDS WALNUTS PEANUTS EDAMAME MUSHROOMS
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Healthy fats

PEANUT BUTTER

ALMOND BUTTER

NUTELLA

AVOCADO

OLIVE OIL

COCONUT OIL

VEGAN BUTTER

ALMONDS

WALNUTS

PECANS

PEANUTS

MACADAMIA NUT

HEMP SEEDS

PUMPKIN SEEDS

SUNFLOWER SEEDS

AVOCADO OIL

SALAD DRESSING

COCONUT CHUNKS

vegan milk & cheese

ALMOND MILK

CASHEW MILK

VEGAN CREAMER

VEGAN CREAM CHEESE

VEGAN ICE CREAM

VEGAN SHREDDDED CHEESE

VEGAN SLICED CHEESE

VEGAN CHEESE DIPS

VEGAN CREAMY PASTA SAUCE

VEGAN PESTO

VEGAN PARMESAN

VEGAN FETA

VEGAN HEAVY WHIPPING CREAM

VEGAN YOGURT

Snacks

VEGAN GUMMIES

VEGAN POPCORN

VEGAN COOKIES

TORTILLA CHIP

PRETZELS

TRAIL MIX

PISTACHIOS

ICE POPS MADE W/ ORGANIC
FRUIT

KETTLE COOKED CHIPS

GUACAMOLE

VEGAN CHEESE CRACKERS

VEGAN CHOCOLATE

Miscellaneous

VITAMIN B COMPLEX

MULTI VITAMIN

VEGAN PROBIOTICS

MAGNESIUM

ASHWAGANDHA

HERBAL TEAS

TURMERIC SUPPLEMENT

VEGAN BODY & FACE SOAP

NATURAL TOOTHPASTE

NATURAL DEODORANT

PLANT DERIVED LOTIONS

ORGANIC SUPPLEMENTS

NATURAL FLU/COLD REMEDIES

WELLNESS SHOTS

VEGAN LIP BALM