

Pregnancy Food Shopping List for Vegans

By: The Friendly Fig

Produce:

- Asparagus
- Avocado
- Bananas
- Broccoli
- Brussels Sprouts
- Cauliflower
- Collard Greens
- Dates
- Edamame
- Kale
- Mango
- Mushrooms
- Oranges
- Peas
- Potatoes
- Spinach
- Sweet Potato
- Swiss Chard
- Watermelon

Whole Grains:

- Cereal
- Oats
- Quinoa
- Whole Wheat
Pasta

Nuts and Seeds:

- Almonds
- Cashews
- Ground Flaxseed
- Pepitas
- Walnuts

Proteins:

- Almond Butter
- Black Beans
- Chickpeas
- Lentils
- Peanut Butter
- Pinto Beans
- Tempeh

- Tofu
- Veggie Burgers

Condiments/Oils:

- Blackstrap
Molasses
- Coconut Oil
- Nutritional
yeast
- Salt
- Tahini

Liquids:

- Almond Milk
- Coconut Milk
- Orange Juice
- Soy Milk

Snacks:

- LARA or LUNA
bars
- Vegan Yogurt