

# Your Vegan Diet Food List

Vegetables	Fruits

Whole Grains	Legumes

Nuts	Seeds

<b>Meat Alternatives</b>	<b>Milk Alternatives</b>

<b>Herbs and Spices</b>	<b>Plant Oils and Natural Sweeteners</b>

<b>Plant-based Condiments</b>	<b>Snacks and Others</b>

<b>Other Recommendations</b>	<b>What to Avoid</b>

**NOTES**