

Shopping made easy: Vegetarians

It's easy to enjoy a varied and balanced vegetarian diet if you plan your meals well. As certain food groups are excluded, alternatives may be needed to ensure you don't miss out on some key nutrients. To help you maintain a balanced diet, we've put together a list of some basic shopping items, which you can incorporate into your regular shopping list.

Our top 10 shopping basket items to base your meals around:

essential Waitrose

- ☐ Malted wheats breakfast cereal
- ☐ Baked beans in tomato sauce

Waitrose LOVE life

- ☐ Wholemeal & pumpkin farmhouse bread
- ☐ Soft dried apricots
- ☐ Walnuts
- ☐ Golden linseed

Waitrose

- ☐ Soya non-dairy alternative to milk
- ☐ Reduced fat houmous trio
- ☐ Baby leaf greens
- ☐ Leckford Estate cold pressed rapeseed oil



For more information on nutrition and health,
visit [waitrose.com/nutrition](https://www.waitrose.com/nutrition).



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