

Plant Based Shopping List

TIPS

1. Start by saying goodbye to a few main evils:

- all processed foods (label reading)
- caffeine/soda
- high sugar juices
- alcohol (limit once per week)
- fried or breaded anything
- excessive salts/seasoning
- sauces/dressings
- butter/dairy (limited)

2. You don't have to go toss everything and start from scratch in one day. Switching to 100 percent clean foods can be challenging at first. Try replacing one food item at a time. Sub in brown rice instead of white rice, or skip the Snickers and do an organic trail mix or fruit instead. As you continually add in the good, your taste buds will change, and you will naturally want good, clean, whole foods. (The "fake" foods will seem less appealing.)

3. Less IS more. The fewer ingredients an item has, the "whole" it is, as in less processed. Try to purchase items with SIX - SEVEN ingredients at the most. This means you've got to start to making **label reading** a habit. All ingredients are listed in descending order by weight, including added water. Remember that: The ingredient listed first is present in the largest amount.

4. Create meals made with just a few items. Try mixing and matching from the lists below. For example, boil quinoa and then toss it with roasted asparagus, butternut squash, lentils and 1/2 sliced avocado. Fresh, clean, fast and delish!



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Plant Based Shopping List

Fresh Vegetables:

Artichokes
Asparagus
Bell Peppers
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collard Greens
Cucumber
Green Beans
Green Onions
Leeks
Mushrooms
Okra
Onions
Parsnips
Radishes
Shallots
Snow Peas
Sprouts
Zucchini

Fresh Fruits:

Apples
Apricots
Avocado
Bananas
Blackberrie
Cantaloupe
Cherries
Coconut
Dragon Fruit
Figs
Grapefruit
Grapes
Honeydew Melon
Kiwi
Lemons
Limes
Mangoes
Medjool Dates
Nectarines
Oranges
Papaya
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranate
Raspberries
Strawberries
Tomatoes
Watermelon

Herbs:

Basil
Chive
Dill
Fennel
Garlic
Ginger Root
Mint
Oregano
Parsley
Rosemary
Thyme

Leafy Greens:

Arugula
Collard Greens
Dandelion Greens
Kale
Rainbow Chard
Spinach
Swiss Chard
Watercress



Plant Based Shopping List

Legumes + Plant

Proteins:

Adzuki Beans
Black Beans
Cannellini Beans
Chickpeas
Edamame
Great Northern Beans
Kidney Beans
Lentils
Pinto Beans
Seitan
Tempeh

Nuts, Seeds + Nut

Butter:

Almonds
Brazil Nuts
Chia Seeds
Flaxseed
Hazelnut
Hemp Seeds
Peanuts
Pecans
Pine Nuts
Raw Tahini
Sesame Seeds
Sunflower Seeds
Poppy Seeds
Pumpkin
Walnuts

Whole Grains Gluten:

Barley
Bulgur
Durum Wheat
Farro
Kamut
Rye
Semotna
Wheat

Gluten Free Whole

Grains:

Amaranth
Black Rice
Brown Rice
Buckwheat
Millet
Rolled Oats (check label
to be GF)
Quinoa
Teff
White Rice

BEVERAGES

WATER!!!!

Coconut water
(organic/pink)
Loose Leaf teas
Almond/Cashew/
Coconut milk
Fresh Pressed Juice
Fruit/veggies Smoothie
Kombucha

Gluten Free Flours:

Amaranth
Arrowroot
Brown Rice
Buckwheat
Coconut
Corn
Oat
Potato
Quinoa
Sorghum
Tapioca
Teff

Starchy Vegetables:

Acorn Squash
Butternut Squash
Corn
Peas
Potatoes
Pumpkin
Spaghetti Squash
Sweet Potatoes
Yams
Zucchini



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Animal Product Replacement + Suggestions

Beef	black beans, lentils, portobello, mushrooms, tempeh, tofu, seitan
Broth	organic vegetable broth stock
Butter	Mashed banana, nut/seed butter, mashed avocado, Earth Balance brand
Cheese	Nutritional yeast, cashew "cheese, Daiya brand non dairy cheese (sliced & shredded)
Chicken	chickpeas, white beans, mushrooms, tempeh, tofu
Coffee Creamer	almond/coconut/cashew creamer or any other nut milk with coconut sugar, agave, or maple syrup
Cream Cheese	smashed avocado, hummus, Violife brand "just like feta"
Eggs	organic extra firm tofu for scrambled "eggs", Bobs Red Mill Egg Replacer
Honey	agave nectar, coconut nectar, pure maple syrup, yacon syrup, rice malt syrup, stevia products,
Ice Cream	blended up frozen banana, Almond Dream/So Delicious brand non-dairy ice cream
Mayonnaise	Mashed avocado, hummus, dijon mustard, Veganaise brand
Milk	(unsweetened) almond milk, coconut milk (not canned), hazelnut milk, hemp milk, rice milk, oat milk
Sour Cream	Tofu sour cream or cashew sour cream, Tofutti brand sour cream
Whipped Cream	Coconut milk whipped cream
Yogurt	Almond milk yogurt, coconut yogurt, homemade coconut chia pudding



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