Plant-Based

GROCERY LIST

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PRODUCE

- Leafy greens
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Root vegetables (carrots, beets, potatoes)
- Bell peppers
- Tomatoes
- Cucumbers
- Zucchini
- Avocados
- Onions
- Garlic
- Fresh herbs (cilantro, parsley, basil)
- Lemons
- Apples
- Bananas
- Berries (strawberries, blueberries, raspberries)
- Oranges
- Grapes
- Watermelon

NUTS & SEEDS

- Almonds
- Walnuts
- Cashews
- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Sesame seeds
- Nut butter (almond butter, peanut butter)

DAIRY ALTERNATIVES

- Almond milk
- Soy milk
- Oat milk
- Coconut milk
- Plant-based yogurt
- Plant-based cheese
- Plant-based butter
- Plant-based creamer

GRAINS & LEGUMES

- Brown rice
- Quinoa
- Whole wheat pasta
- Oats
- Whole grain bread
- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Cannellini beans
- Soybeans (tofu, tempeh)
- Peas
- Barley
- Farro

FROZEN FOODS

- Frozen fruits (berries, mango, pineapple)
- Frozen vegetables (broccoli, mixed vegetables, peas)
- Frozen plant-based meats

SPICES &CONDIMENTS

- Salt
- Pepper
- Turmeric
- Cumin
- Paprika
- Chili powder
- Cinnamon
- Nutritional yeast
- Soy sauce or tamari
- Balsamic vinegar
- Olive oil
- Coconut oil
- Maple syrup
- Agave nectar
- Mustard
- Salsa
- Ketchup
- Vegan mayonnaise

PLANT-BASED PROTEIN

- Tofu
- Tempeh
- Seitan
- Plant-based protein powder
- Lentils
- Chickpeas
- Black beans
- Quinoa
- Edamame
- Pea protein

SNACKS & EXTRAS

- Hummus
- Rice cakes
- Whole grain crackers
- Popcorn
- Dark chocolate
- Dried fruits (raisins, dates, cranberries)
- Granola bars
- Plant-based protein bars

MISCELLANEOUS

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