

# Plant Based Grocery List

## Starches and Grains

- Brown Rice
- Wild Rice
- Quinoa
- Breads
- Popcorn
- Bulgur
- Oats
- Whole grain pasta
- Rye
- Spelt
- Farro
- Potatoes
- Sweet Potatoes
- Corn
- Green Peas
- Whole wheat couscous



## "Dairy"

- Almond Milk
- Cashew Milk
- Hemp Milk
- Soy Milk
- Flax Milk with Protein
- Cashew Cheese
- Coconut Milk Yogurt
- Soy Yogurt

\*Choose unsweetened dairy alternatives

## Legumes

- Black Beans
- Kidney Beans
- White Beans
- Chickpeas
- Soy Beans
- Split Peas
- Edamame
- Lentils

## Nuts and Seeds

- Almonds
- Cashews
- Pecans
- Walnuts
- Pistachios
- Chia Seeds
- Sunflower Seeds
- Flax Seeds
- Pumpkin Seeds
- Nut Butters

## Vegetables

- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Lettuce
- Mushrooms
- Onion
- Peppers
- Pumpkin
- Radish
- Spinach
- Squash
- Tomato
- Zucchini

## Fruits

- Apples
- Avocado
- Blackberries
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapes
- Grapefruit
- Honeydew
- Kiwi
- Lemons
- Mango
- Oranges
- Peach
- Pears
- Pineapple
- Plum
- Strawberries
- Watermelon



## Meat Substitutes

- Seitan
- Tofu
- Tempeh