

Plant Based Diet Grocery List

<p style="text-align: center;">Proteins</p> <ul style="list-style-type: none"> ★ Tofu or Tempeh (or both)-<i>complete protein</i> ★ Beans (black, edamame, red, chickpeas, pinto, navy) -dried (or canned for convenience) ★ Lentils ★ Almonds ★ Peanut Butter ★ Cashews ★ Hummus(or make yourself) ★ Tahini paste ★ Chia seeds-<i>Complete Protein-can be used as egg substitute</i> ★ Flax Seed (<i>can be used as egg substitute</i>) ★ Hemp Seeds ★ Pumpkin Seeds ★ Sesame Seeds ★ Pine Nuts 		<p style="text-align: center;">Grains *=Gluten Free Option</p> <ul style="list-style-type: none"> ★ Rice (whole grain or wild) * ★ WW bread ★ WW Begals ★ Corn * or WW flour tortilla ★ Pita Bread (if desired) ★ WW Pasta ★ Polenta ★ Oats * ★ Wheat Germ ★ Buckwheat * ★ Millet * ★ Barley * ★ Ameranth * 	
<p style="text-align: center;">Veggies (frozen/Fresh/Canned) *= Better Fresh</p>		<p style="text-align: center;">Fruit (Frozen/Fresh/Canned)</p>	
<ul style="list-style-type: none"> ★ Broccoli ★ Carrots ★ Zucchini/Squash ★ Onion ★ Bell pepper ★ Lettuce * ★ Garlic * ★ Mushroom * 	<ul style="list-style-type: none"> ★ Avocado * ★ Kale/Spinach ★ Sprouts * ★ Cucumber * ★ Cauliflower ★ Potato * ★ Asparagus ★ Tomato * ★ Olives (greek or Black) 	<ul style="list-style-type: none"> ★ Blueberry ★ Apple ★ Banana ★ Nectarines ★ Oranges ★ grapes ★ Strawberry ★ Mango ★ Jackfruit 	<ul style="list-style-type: none"> ★ Kiwi ★ Papaya ★ Plum ★ Raspberry ★ Lemon ★ Lime ★ Fig ★ Dates ★ Pear
<p style="text-align: center;">Dairy Alternatives (choose one or a few)</p>		<p style="text-align: center;">Spices/Herbs & Sesonings</p>	
<ul style="list-style-type: none"> ★ Almond Milk ★ Soy Milk ★ Coconut Milk ★ Flax Milk ★ Cashew Milk ★ Macadamia Milk 	<ul style="list-style-type: none"> ★ Rice Milk ★ Hemp Milk 	<ul style="list-style-type: none"> ★ Nutritional (brewers) yeast ★ Oregano/Thyme/Rosemary/Cumin/Paprika/Dill ★ Parsley ★ Crushed Red Pepper ★ Cilantro ★ Basil ★ Curry Powder 	
<p style="text-align: center;">Easy Convenience Items (If Desired)</p>			
<ul style="list-style-type: none"> ★ Boca Burgers ★ Boca Crumblers ★ Boca Hot Dogs/Corn Dogs ★ Olive Oil 	<ul style="list-style-type: none"> ★ Whole Wheat Crackers ★ Black Bean Burger ★ Salsa (or make yourself!) ★ Sesame Oil 	<ul style="list-style-type: none"> ★ Popcorn ★ Baked Tofu ★ Vegan Mayo/Sour Cream ★ Coconut Oil 	

*Fruits and veggies perish quickly if purchased fresh. Have a plan in place to consume. Consider setting 2 shopping trips per week. 3 days perish time for weekly greens.

*Choose in-season produce to improve on taste quality. If out of season consider frozen or canned