



Whole Plant Based Grocery List



Veggies

Broccoli
Carrots
Celery
Onions
Sweet potatoes/Yams
Cucumbers
Tomatoes
Greens (Spinach, Kale , Arugula etc)
Peppers
Mushrooms
Garlic
Potatoes; Yukon Gold

Frozen: Organics when available and affordable

Mixed Vegetables
Nordic Mix
Fruits
Any seasonal challenging veggies you like
Fruits; Strawberries, Mixed Berries, Mango, etc
Any seasonally challenging veggies you like

Fruit

Dates; dry and pitted
Apples
Oranges; Clementine's
Berries
Bananas
Pomegranate
Pears
Peaches

Pantry Items; Dry Goods

Beans, Lentils, Pulses	Millet
Brown Rice	Whole Grain Pastry Flour
Whole Grain Pastas	Cornmeal
Tortillas; oil free	
Whole Oats	
Quinoa	
Millet	

Canned/Jarred Goods

Favorite Beans
Fat Free Refried Beans
Diced Tomatoes (fire roasted)
Tomato Sauce
Tomato Paste
Jack Fruit
Oil-free pasta sauce
Yellow Peppers/Chiles

Condiments

Mustards
Horse Radish
Vinegars
Chili Sauce
Ketchup

Miscellaneous

Braggs or Coconut Aminos
Vinegars; Apple, Rice,
Wine Whole Flax Seed
Nutritional Yeast Egg
Replacers
Veggie Broth
Plant Milk
Maple Syrup*
use sparingly

Spices

No Salt Blend
Garlic Powder
Onion Powder
Chile Powder
Dry Herbs
Italian Seasoning Blend
Cayenne
Cumin
Turmeric
Smoked/Regular Paprika
Salt
Pepper