~My Whole Foods Plant Based Grocery List~

FRUIT (TIP: CHOOSE NO ADDED SUGAR VARIETIES, FRUIT HAS NATURAL SUGARS)

- ☐ Frozen_____
- ☐ Frozen_____
- ☐ Fresh _____
- ☐ Fresh _____

VEGETABLES (TIP: FOCUS ON NO ADDED SALT VARITIES)

- ☐ Fresh: _____
- ☐ Fresh: _____
- ☐ Fresh: _____
- ☐ Fresh:_____
- ☐ Fresh: _____
- ☐ Fresh: _____
- ☐ Frozen: _____
- ☐ Frozen: _____
- ☐ Frozen: _____
- ☐ Frozen: _____

CARBOHYDRATES AND PROTEIN (LOOK FOR NO ADDED SALT OR LOW SODIUM OPTIONS)

- ☐ Beans _____
- ☐ Beans_____
- ☐ Beans_____
- ☐ Dry Whole Grains_____
- ☐ Dry Whole Grains_____
- ☐ Dry Whole Grains_____
- ☐ Dry Whole Grains _____
- ☐ Misc (ex: whole wheat bread, tofu,)_____
- ☐ Misc _____
- ☐ Misc_____

FATS (SIMPLE IS BEST WHEN CHOOSING NUT BUTTERS. FAVOR VARITIES WITHOUT OIL AND SUGAR)

- ☐ Nut Butter/Nuts/Seeds: _____
- ☐ Nut Butter/Nuts/Seeds: _____
- ☐ Olives, and/or Avocado, _____
- ☐ Ground Flaxseeds ,Walnuts, or Chia Seeds*: _____
- ☐ Optional: Oil, Trans Fat Free Margarine:_____

MISCELLANEOUS

- ☐ Plant-Based "Milk"_____
- ☐ Spices_____
- ☐ Baking Ingredients_____
- ☐ Treat Yourself _____
- ☐ Treat Yourself_____