

Plant-based grocery list

vegetables

leafy greens (spinach,
kale, romaine)

peppers

carrots

broccoli, cauliflower

zucchini, squash

onions, garlic

potatoes (all kinds)

mushrooms

fruit

apples

bananas

oranges

berries (all kinds)

kiwi

pineapple

grapes

seasonal and exotic

whole grains

rice (brown, wild, black)

oats (rolled or quick)

quinoa

whole wheat pasta

whole grain bread

farro, amaranth, spelt

barley, bulgur

corn

plant proteins

beans (all kinds)

chickpeas

lentils

peas

tofu or tempeh

edamame

soy milk

hummus

nuts & seeds

all nuts (raw or
roasted)

nut butters (no sugar)

chia

hemp

flax (ground)

sesame

sunflower, pumpkin

brazil nuts for the brain

herbs & spices

pepper

cinnamon

chili powder

any and all others

mustards

soy sauce or tamari

vinegars

nutritional yeast