

Plant-Based Shopping List



When you have the right ingredients on hand, making delicious plant-based meals can be a fresh and fun adventure. Feel free to add and subtract from this list, based on preferences and your own personal meal plan.

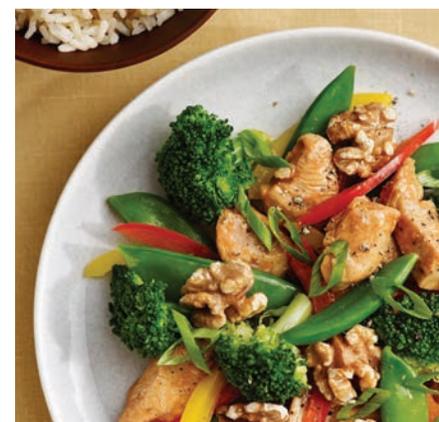
PANTRY GOODS

- Dried or canned beans and lentils
- Canned tuna or salmon
- Low-sodium canned tomatoes (diced or whole), tomato sauce or paste and vegetable juice
- Low-sodium soy sauce or tamari
- Olive oil
- Vinegars (balsamic, apple cider, red wine)
- Spices, herbs and blends (chili powder, curry, garlic & herb, garam masala, etc.)
- Nut and/or seed butters (or make your own **walnut butter**)
- Low-sodium vegetable broth (versatile for cooking with or without meat and poultry)
- Light coconut milk

VEGETABLES/FRUITS

Choose your favorite fruits and vegetables – all are healthful! Be sure to eat with the seasons, which ensures the produce is at peak flavor

- Artichokes
- Broccoli
- Lettuces/spinach
- Frozen peas
- Carrots
- Tomatoes
- Avocados
- Mushrooms
- Peppers
- Onions
- Garlic
- Root vegetables (beets, parsnips, etc.)
- Potatoes
- Bananas
- Apples
- Pears
- Citrus
- Berries (fresh and frozen)
- Grapes
- Melon
- Dates and dried fruit



REFRIGERATED

- Walnuts - freeze if storing for longer than one month (other nuts don't need to be refrigerated)
- Fish/seafood
- Poultry
- Tofu
- Tempeh
- Seitan
- Eggs
- Cheeses
- Low-fat and non-fat milk
- Alternative milks such as coconut or soy, or make your own homemade **walnut milk**
- Yogurt (Greek or plain non-fat/low-fat)

GRAINS

- Steel-cut or old-fashioned oats
- Ancient grains (quinoa, farro, millet, bulgur)
- Whole grain, low-sugar cereals
- 100% whole wheat bread
- Whole grain pasta
- Brown or wild rice
- Whole wheat flour

