

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

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



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
- ☐ Ancients grains (quinoa, farro, millet, bulgur)
- ☐ Whole grain, low-sugar cereals
- ☐ 100% whole wheat bread
- ☐ Whole grain pasta
- ☐ Brown or wild rice
- ☐ Whole wheat flour

