

HEALTHY PLANT-BASED GROCERY LIST



PROTEINS

- Tofu
- Tempeh
- Meat replacements (such as veggie burgers, optional)

DAIRY ALTERNATIVES

- Unsweetened plant-based milk
- Unsweetened vegan yogurt
- Vegan butter
- Vegan cheese

VEGETABLES

- Onions
- Garlic
- Carrots
- Sweet potatoes
- Leafy greens
- Broccoli
- Cauliflower
- Butternut squash
- Mushrooms
- Eggplants
- Zucchini
- Cucumber
- Tomatoes
- Bell peppers

FRUIT

- Berries
- Oranges
- Lemons
- Apples
- Mangoes
- Dates
- Avocados

LEGUMES

- Kidney beans
- Black beans
- Chickpeas
- Pinto beans
- White beans
- Green lentils
- Red lentils
- Split Peas
- Hummus

GRAINS

- Rice
- Oats
- Quinoa
- Farro
- Pasta

DRINKS

- Sparkling water
- Coconut water
- Herbal tea
- Kombucha

NUTS AND SEEDS

- Almonds
- Cashews
- Walnuts
- Peanuts
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flax seeds
- Peanut butter
- Almond butter

PANTRY

- Coconut milk
- Canned tomatoes
- Olive oil
- Vinegar (ACV, balsamic, red wine)
- Tamari or soy sauce
- Maple syrup
- Spices
- Olives

OTHER

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