

Shopping List Ideas for Whole Food Plant Based Living

Vegetables:

Your cart should be filled with all different veggies! Cleaned and cut packs are great for busy girls!

Spinach
Avocado

Fruits:

Your cart should be filled with all different fruits!
Dried fruit (read labels for added oils and sugar)

Potatoes:

Potatoes
Sweet potatoes

Whole grains:

Brown rice
Quinoa
Farro
Barley
100% whole grain pastas
Steel cut Oats or Rolled Oats
Ground flaxseed (tablespoon in oatmeal or salad)
Muesli
Popcorn

Beans/Lentils:

All varieties – dried or canned (canned are great for convenience)
Be sure to always rinse and drain your canned beans prior to using!

Vinegar:

Balsamic Vinegar (thick expensive kind is best)
Other flavored vinegars
Apple Cider Vinegar

Spreads, sauces and broth:

Oil-free hummus (can be found at Giant and Whole Foods)
Oil-free if possible tomato sauce
Veggie Broth (read labels – some brands have added sugar!)
Salsa (read labels, and look for fresh salsas in the produce sections)
Nut Butters (read labels, no added sugar or crap!)

Spices:

Wide variety to spice your food accordingly

Nuts : (serving size is small, be careful not to over indulge on these)

Almonds
Cashews
Walnuts
Pecans

Seeds: (read labels for no added oils)

Chia
Pumpkin
Sunflower

Breads:

Dave's Killer Bread - 21 whole grain seed
Wegmans Organic 27 Grain and Seeds Bread
Ezekiel Bread

Crackers:

Wasa Crackers
Rice Crackers (baked with no added oils, found in organic section at wegmans)

Non-Dairy Milks:

Oat milk
Soy milk
Almond milk
Coconut milk
Pea milk

Veggie Burgers/Sausage:

Veggie burgers (read ingredient labels carefully)
Veggie Sausages (read ingredient labels)
(Stay away from meat substitute items such as Beyond Burger)

Frozen Foods:

Frozen veggies
Frozen fruits

Reminder to always read the labels! Do not rely on the catch phrases on the front.
Avoid oils and sugars as much as possible.