

Grocery List for Plant-based Eating

Fruits and Vegetables

Apples	Apricot	Bananas	Blackberries	Blueberries
Cantaloupe	Cherries	Grapefruit	Grapes	Honeydew
Kiwis	Lemons/Limes	Nectarines	Oranges	Peaches
Pears	Plums	Raspberries	Strawberries	Kiwis
Watermelon	Asparagus	Avocado	Beets	Bok Choy
Broccoli	Brussels sprouts	Carrots	Cauliflower	Celery
Corn	Cucumbers	Eggplant	Garlic	Green beans
Lettuce/Greens	Mushrooms	Okra	Onions	Squash
Spinach	Tomatoes	Sweet Peppers	Jalapenos	Chilis
Potatoes	Spinach	Squash	Zucchini	Sweet potatoes

Grains

Brown Rice	Wild Rice	Arborio Rice	Farro	Quinoa
Tabbouleh	Couscous	Barley	Rolled Oat	Steel Cut Oat

Legumes and Nuts

Chickpeas	Pinto beans	Lentils	Split Peas	Mung beans
Red kidney beans	Soy beans	Black beans	White beans	Pecans
Cashews	Peanuts	Walnuts	Alfalfa Sprouts	Carob

Herbs and spices

Basil	Black pepper	Bay leaf	Cilantro	Cinnamon
Cumin	Curry	Garlic	Ginger	Mint
Oregano	Paprika	Parsley	Red pepper	Salt
Turmeric	Vanilla extract	Nutmeg	Rosemary	Thyme

Other

Vegan sour cream	Vegan mayonnaise	Vegan bread & wraps	Whole grain mustard	Bran cereals
Honey	Maple syrup	Peanut butter	Almond milk	Coconut milk
Coconut oil	Olive oil	Hummus	Soy milk	Oat milk