

SHOPPING LIST

MILKS

- almond
- coconut
- hazelnut
- oat
- walnut
- cashew
- flax
- hemp
- soy
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BEANS+LEGUMES

- black beans
- kidney beans
- pinto beans
- chickpeas
- lentils
- tempeh
- soy
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BUTTERS+SPREADS

- almond butter
- hazelnut spread
- sunflower butter
- cashew butter
- peanut butter
- tahini

NUTS+SEEDS

- almonds
- cashews
- flax meal
- pumpkin seeds
- sunflower seeds
- brazil nuts
- chia seeds
- hemp seeds
- quinoa
- walnuts
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GRAINS

- oats
- buckwheat
- millet
- wild rice
- brown rice
- corn
- barley
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FRUITS

- acai
- avocado
- black berries
- cranberries
- figs
- kiwi
- lime
- nectarines
- peaches
- raspberries
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- apples
- bananas
- blueberries
- cherries
- grapefruit
- lemons
- mango
- oranges
- pineapple
- pomegranate
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HERBS + SPICES

- black pepper
- cayenne
- cumin
- onion powder
- rosemary
- basil
- cardamon
- cinnamon
- garlic powder
- oregano
- turmeric
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MISCELLANEOUS

- apple cider vinegar
- liquid aminos
- nutritional yeast
- balsamic vinegar
- ketchup
- mustard
- molasses
- sriracha
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VEGETABLES

- asparagus
- brussels sprouts
- carrots
- celery
- cucumbers
- dark leafy greens
- kale
- peas
- potatoes
- spinach
- zucchini
- broccoli
- butter beans
- cauliflower
- collard greens
- green beans
- onions
- peppers
- romaine lettuce
- tomatoes

SWEETENERS

- agave
- medjool dates
- pure maple syrup
- apple sauce
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NOTES



*buy what you like and what you will eat, but don't be afraid to try new things.