

nourish

PLANT-BASED SHOPPING LIST: Stock up on staples, explore, and add your favorites. Include pre-made items (pizza crust, veggie burgers), snacks, dips, etc. to round out the rest of your grocery list.

Vegetables (fresh)

Arugula
Asparagus
Avocados
Beans
Beets
Bell peppers
Bok choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Collard greens
Corn
Cucumbers
Garlic
Ginger
Kale
Mushrooms
Mustard greens
Onions
Parsley
Peas
Potatoes
Radicchio
Radishes
Spinach
Sweet potatoes
Tomatoes
Zucchini

Fruit (fresh)

Apples
Apricots
Bananas
Blueberries
Cherries
Grapefruit

Lemon
Limes
Mangos
Nectarines
Oranges
Papaya
Peaches
Pineapple
Plums
Pomegranate
Raspberries
Strawberries

Fruit (dried)

Apricots
Blueberries
Cherries
Coconut
Dates
Mango
Peaches
Pears
Prunes
Raisins

Grains

Barley
Cornmeal
Flour (oat, spelt)
Kamut
Millet
Oats
Quinoa
Pasta
Rice
Spelt berries
Wild rice

Legumes

Adzuki beans
Black beans
Cannellini beans
Chickpeas
Kidney beans
Legume pastas
(chickpea, lentil)
Lentils
Lima beans
Mung beans
Navy beans
Pink beans
Pinto beans
Red beans
Split peas
Tempeh
Tofu
Veggie burgers,
veggie meats
White beans

Nuts, Seeds, Butters

Almond butter
Almonds
Brazil nuts
Cashews
Chia seeds
Flaxseeds
Hazelnuts
Hempseeds
Macadamias
Peanut butter
Pecans
Pumpkin seeds
Sesame seeds
Sunflower seeds
Tahini
Walnuts

Herbs and Spices

Basil
Bay leaves
Cardamom
Cayenne
Chili powder
Cilantro
Cinnamon
Cloves
Cumin, ground
Curry powder
Dill
Fennel
Garlic powder
Ginger, ground
Marjoram
Mint
Mustard powder
Nutmeg
Onion powder
Oregano
Paprika
Parsley
Pepper
Poultry seasoning
Pumpkin pie spice
Red pepper flakes
Rosemary
Salt
Savory
Spice blends
(berbere, za'atar
everything bagel)
Tarragon
Thyme
Turmeric
Vanilla extract

Non-Dairy Alternatives

Nondairy milk,
unsweetened
(almond, soy, pea)
Nondairy yogurt,
unsweetened

Miscellaneous Items

Applesauce
Arrowroot starch
Baking powder
Baking soda
Bragg Liquid Aminos
Cocoa or cacao powder
Coconut milk
Cornstarch
Curry paste
Hot sauce
Marinara sauce
Miso
Mustard
Nutritional yeast flakes
Oil (olive, avocado,
sesame)
Olives
Red peppers, roasted
Salsa
Sweeteners (coconut
sugar, maple syrup,
molasses)
Tamari
Tomato paste
Tomatoes (crushed,
diced)
Vinegar (balsamic, apple
cider)
Vegetable stock