

# Protein Rich

# PLANT BASED DIET

# GROCERY LIST

## PLANT BASED PROTEIN

- Cultured Organic Tempeh
- Chickpeas
- Legumes
- Hummus
- Coconut Yogurt

## FRUITS & VEGGIES

- Fresh Herbs
- Leafy Greens
- Sweet Potato
- Carrots
- Peppers
- Cauliflower/Broccoli
- Zucchini/Yellow Squash
- Cabbage
- Celery
- Shallots or red onion
- Edamame
- Mushrooms
- Tomatoes
- Palm Hearts
- Bananas

- Turkish dried apricot
- Kiwi
- Berries
- Mango & Pineapple
- Lemon/Lime

## NUTS & SEEDS

- Brazil Nuts
- Pistachios
- Raw Cashews
- Flaxseed
- Chia seed
- Hempseed

#COTTERCRUNCH

*cotter*  
CRUNCH