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

Nuts & Seeds
- Turkish dried apricot
- Kiwi
- Berries
- Mango & Pineapple
- Lemon/Lime
- Brazil Nuts
- Pistachios
- Raw Cashews
- Flaxseed
- Chia seed
- Hempseed

#COTTERCRUNCH