

PLANT BASED DIET MEAL PLAN

Grocery List

PROTIEN & NON DAIRY

- Coconut yogurt or non dairy yogurt (plain or vanilla)
- Coconut milk
- Almond milk
- Plant-based unsalted butter
- Non-dairy milk
- 8 oz gluten free Tempeh
- Pea Protein Powder

FRUITS & VEGGIES

- 2 Bananas
- Bag of oranges
- Lemon/Lime
- Frozen berries or cranberries
- 2 Red onion and white onion
- Bell Pepper
- Cherry Tomatoes
- Leafy Greens
- 2 Avocados
- Green onion
- Frozen green peas
- 2 bags Cauliflower florets
- Mushrooms
- Large Sweet Potato
- Dried Turkish Apricots

PANTRY STAPLES

- Baking Soda
- Cream of tartar
- Gluten Free Rolled Oats
- Buckwheat Groats
- Rice
- Quinoa
- Maple Syrup
- Naturally Refined Coconut oil
- Olive Oil or Avocado Oil
- Dried fruit
- Pecans
- Cashews
- Sunflower and Pumpkin seeds (raw)
- Flaxseed and chia seed
- Creamy Nut Butter
- Dark Chocolate

- Unsweetened cocoa powder
- Unsweetened coconut flakes
- Apple Cider Vinegar
- Gluten Free BBQ Sauce
- Gluten free soy sauce/Tamari

CANNED ITEMS

- Canned Corn
- Canned Artichoke hearts
- 15 oz can chickpeas
- Canned peas (or frozen)
- Vegetable broth

PLANT BASED FLOURS

- Arrowroot flour
- Coconut Flour and Almond Flour
- Cassava Flour
- Chickpea Flour (garbanzo)

SEASONINGS, HERBS & SPICES

- Cinnamon
- Sea Salt and pepper
- Ginger
- Red Pepper Flakes
- Vanilla Extract
- Fresh Garlic
- Fresh Cilantro
- Fresh Basil
- Fresh Parsley
- Curry
- Garlic Powder
- Dill weed
- Hot paprika
- Organic Ranch seasoning mix
- Chili powder
- Cumin
- Dried herbs
- Onion powder
- Nutritional yeast