

Whole Food PLANT BASED RECIPES & GROCERY LIST

PLANT BASED PROTEIN

- ☐ Cultured Organic Tempeh (optional)
- ☐ Canned Chickpeas (3)
- ☐ Hummus
- ☐ Non-dairy Milk of Choice
- ☐ Feta Cheese or Vegan Cheese Substitute

PRODUCE

- ☐ Mushrooms - Cremini and Shiitake Mushrooms
- ☐ Cherry Tomatoes
- ☐ Herbs - Fresh Basil, Parsley, Mint, and Cilantro
- ☐ Bananas
- ☐ Citrus - Orange, 2 Lemons, and 3 Limes
- ☐ 3 Kiwi
- ☐ Mango
- ☐ Assortment of Berries
- ☐ Onions (Red and Green)
- ☐ Garlic
- ☐ Leafy Greens (Kale or Spinach)
- ☐ Carrots
- ☐ Cauliflower (Florets and Whole Head)
- ☐ Yellow Squash and Zucchini
- ☐ Napa Cabbage
- ☐ Jalapeño Pepper

NUT/SEED

- ☐ Chia Seeds or Flaxseeds
- ☐ Slivered Almonds
- ☐ Pistachios
- ☐ Raw Cashews
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds

PANTRY STAPLES

- ☐ Extra Virgin Olive Oil
- ☐ Naturally Refined Coconut Oil
- ☐ Sesame Oil

- ☐ Balsamic Vinegar
- ☐ Coconut Sugar or Raw Sugar
- ☐ Cocoa Powder (Unsweetened)
- ☐ Vanilla Extract
- ☐ Dairy-Free Chocolate Chips
- ☐ Honey and Maple Syrup
- ☐ Gluten Free Whole Grain Bread
- ☐ Gluten Free Rolled Oats
- ☐ Gluten Free Flour
- ☐ Protein Powder (Chocolate/Vanilla)
- ☐ Blanched Almond Flour
- ☐ Creamy Nut Butter or Seed Butter
- ☐ Gluten Free Soy Sauce (Tamari)
- ☐ Rice Paper Wrappers
- ☐ Rice Vermicelli Noodles
- ☐ No-Boil Gluten Free Lasagna Noodles
- ☐ Quinoa
- ☐ White Rice
- ☐ Unsweetened Coconut Flakes
- ☐ 2 Canned Tomatoes (Whole and Crushed)
- ☐ Vegetable Broth
- ☐ Buffalo Sauce

SPICES

- ☐ Kosher Salt
- ☐ Pepper
- ☐ Onion Powder
- ☐ Cinnamon
- ☐ Paprika
- ☐ Ground Cumin
- ☐ Crushed Red Chili Flakes
- ☐ Five Spice Asian Seasoning
- ☐ Ground Ginger
- ☐ Dried Oregano