

Plant-Based Diet Grocery Shopping List

Whole Grains

- Quinoa
- Brown Rice
- Oats
- Whole Wheat Bread

Legumes

- Chickpeas
- Lentils
- Black Beans
- Kidney Beans

Vegetables

- Spinach
- Kale
- Broccoli
- Bell Peppers
- Carrots

Fruits

- Bananas
- Apples
- Berries
- Oranges

Plant Milks

- Almond Milk
- Soy Milk
- Oat Milk

Protein Alternatives

- Tofu

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- Tempeh
- Seitan

Nuts & Seeds

- Chia Seeds
- Flax Seeds
- Walnuts
- Almonds

Spices & Condiments

- Turmeric
- Cumin
- Tahini
- Nutritional Yeast