### Plant-Based Shopping List

#### FRUIT
- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Grapefruit
- Grapes
- Honeydew
- Kiwi
- Lemons
- Limes
- Mangoes
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

#### VEGETABLES
- Arugula
- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumber
- Eggplant
- Green beans
- Kale
- Leaf lettuce
- Leeks
- Mixed greens
- Mixed lettuces
- Okra
- Onions
- Potatoes
- Radishes
- Romaine lettuce
- Scallions
- Shallots

#### MISC. PRODUCE
- Fresh herbs
- Ginger
- Mushrooms

#### WHOLE GRAINS
- Amaranth
- Buckwheat
- Quinoa
- Brown rice
- Millet
- Oats
- Rye
- Sprouted grain bread
- Whole grain bread
- Whole grain pasta
- Whole wheat

#### LEGUMES
- Black beans
- Chickpeas
- Field peas
- Lentils
- Navy beans
- Red beans
- Sugar snap peas
- White beans

#### NUTS & SEEDS
- Almonds
- Almond butter
- Cashews
- Cashew butter
- Chia seeds
- Flaxseed
- Hemp seeds
- Peanuts
- Peanut butter
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Sunflower butter
- Walnuts

#### SWEETENERS
- Blackstrap molasses
- Coconut sugar
- Honey
- Maple syrup
- Stevia
- Dates
- Apples/applesauce

#### REFRIGERATED/FROZEN
- Earth Balance vegan buttery spread
- Vegenaise
- Hummus
- Unsweetened almond milk
- Unsweetened cashew milk
- Unsweetened coconut milk
- Frozen whole fruits and veggies

#### SEASONINGS/FLAVORINGS/CONDIMENTS/OILS
- Black pepper
- Bragg Liquid Aminos
- Cocoa powder
- Himalayan pink salt
- Nutritional yeast flakes
- Spices (cinnamon, ginger, parsley, basil, garlic powder, etc.)
- Vinegars (apple cider, rice, red wine, balsamic, etc.)
- Yellow mustard
- Coconut oil
- Extra-virgin olive oil
- Pure vanilla extract
- Salsa
- Sea salt
- Tahini

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