

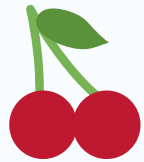
MY WEEKLY WHOLE FOODS PLANT BASED GROCERY CHECKLIST

VEGETABLES



- Field greens
- Fresh herbs
- Bell peppers
- Cauliflower
- Cabbage
- Asparagus
- Mushrooms
- Spinach, Kale
- Tomatoes
- Broccoli
- Peas, Corn
- Squash
- Green beans
- Carrots
- Onions
- Ginger/garlic

FRUITS



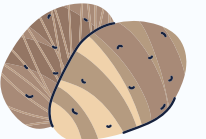
- Frozen or fresh berries
- Oranges
- Bananas
- Grapes
- Mangoes
- Kiwi
- Frozen cherries
- Apples
- Pineapple
- Lemons
- Limes

PROTEIN/LEGUMES



- Red lentils
- Moong lentils
- Brown lentils
- Kidney beans
- Pinto beans
- Chick peas
- Black beans
- Edamame
- Tofu
- Tempeh
- TVP

STARCHES/GRAINS



- White potatoes
- Sweet potatoes,
- Brown rice/wild rice
- Jasmine rice
- Quinoa, millet, bulgur etc
- Steel cut oats
- Thick rolled oats
- Chick peas pasta

LIQUIDS/SAUCES



- Unsweetened soy or any plant milk
- Hot sauce
- Soy or tamari sauce
- Balsamic vinegar
- Apple cider vinegar
- Dijon mustard
- Maple syrup
- Ketchup
- Miso paste
- Veg broth

PANTRY ESSENTIALS



- Various spices
- Canned beans & lentils
- Canned tomato sauce
- Fire roasted tomatoes
- Tahini
- Nutritional yeast
- Flaxseed meal
- PB & ME powder



@MrsSlimOnPlants