



# Plant-Based Grocery List

Plant-Based Shopping is actually easier than you think! This list is intended as a resource to help you get started. Keep in mind that food product formulations do change, so it is wise to read labels. These products are not endorsed by the T. Colin Campbell Center for Nutrition Studies.

## Beans and Legumes

Enjoy ALL varieties of dried beans and lentils. If you buy canned beans, look for low-sodium or no-salt. If you can't get no-salt added, rinse the beans well with water prior to use. Did we mention there are a zillion varieties to choose from? Some of our favorites include:

- Black beans
- Engine 2 Hummus
- Chickpeas
- Green and red lentils
- Guiltless Gourmet Black Bean Dip
- Kidney beans
- Navy beans
- Peas
- Pinto beans
- tempeh & tofu



## Dried Fruits

Most dried fruits are acceptable when they are eaten sparingly and do not have added sugar. Keep in mind they are higher in calories than fresh fruits. If you are diabetic or trying to lose weight, stick to fresh fruit. Avoid dried banana chips as most are actually fried.

- Dates
- Mango
- Raisin

## Basic Fruits & Vegetables

Enjoy a wide variety of fruits and vegetables! Choose plenty of dark leafy greens.

- Apples
- Bananas
- Blueberries
- Lemons & Limes
- Strawberries
- Broccoli
- Celery
- Carrots
- Leafy Greens (Kale, Spinach, Romaine)
- Onions
- Sweet Potatoes

## Nuts & Seeds

Avoid nuts & nut butters if you have heart disease. Use very sparingly if you are trying to lose weight. If you do choose to purchase nuts, any variety is ok but look for raw and no oil-added. Avoid eating by the handful as they are high fat and high calorie and very easy to overeat.

- Almonds
- Cashews
- Chia seeds
- Ground Flax seeds
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Walnuts



## Breads & Tortillas

Choose breads that are 100% whole grain with no oil added or less than 10% calories from fat. Enriched wheat flour, unbleached wheat flour, wheat flour, and organic wheat flour are not whole grain. Some options are:

- Food for Life Ezekiel 4:9 breads, English muffins, and tortillas
- Dave's Killer Bread
- Engine 2 Tortillas (Whole Foods)
- Rudi's Organic Bakery 100% Whole Wheat (not 100% oil-free but very low-fat)
- Sami's Bakery bagels, breads, pitas, and tortillas
- Trader Joe's Whole Wheat Tuscan Pane (double check it is the whole wheat variety)
- Trader Joe's Corn and Wheat Tortillas
- Wegmans Organic Sandwich Breads (all varieties except White Made with Oatmeal. These breads are not 100% oil-free but lower fat)
- Wegmans Whole Wheat Flat Bread Pizza Crust (not 100% oil-free but very low-fat)



## Whole Grains

Use whole grains as a base for stir fries, soups, burgers, or on their own for a fiber-filled side dish. A few of our favorites include:

- Barley
- Black or brown rice
- Bulgur
- Farro
- Millet
- Oats
- Quinoa
- Sprouted rice
- Teff

## Whole Grain Flours

There are a variety of flours to choose from including:

- Millet flour
- Oat flour
- Whole wheat pastry flour
- Rice flour
- Whole wheat flour

You can also use gluten-free flours if wheat allergies are an issue but make sure to read the label carefully that they contain only whole grains. Many gluten-free products are highly processed.

## Breakfast Cereals

Choose zero/minimally sweetened, whole grain/legume cereals without added oil. Some examples are:

- Bran Flakes
- Cheerios (original)
- Engine 2 cereals and granola
- Love Grown Foods cereals (made from beans)
- Grape Nuts
- Rolled or steel cut oats
- Shredded Wheat (not frosted or sweetened)
- Wheat Chex



## Pastas

Any 100% whole grain or legume pasta

- Brown rice pasta
- Chickpea pasta
- Lentil pasta
- Quinoa pasta
- Whole wheat pasta

## Non-Dairy “Milks”

Choose unsweetened or minimally sweetened non-dairy milks. Avoid products with oils in the ingredient list. Avoid oat non-dairy beverages (very high sugar). Some options are:

- Almond Breeze Original Unsweetened or Vanilla Unsweetened
- Eden Edensoy
- Engine 2 Almondmilk
- Silk Unsweetened Cashewmilk
- Silk Unsweetened Original or Unsweetened Vanilla Almondmilk
- Tempt Unsweetened Hempmilk
- Trader Joe’s Almond Beverage, Original Unsweetened and Vanilla Unsweetened
- Trader Joe’s Organic Soy Beverage Unsweetened
- Wegmans Almond Beverage, Original Unsweetened and Vanilla Unsweetened
- Wegmans Organic Original Soymilk, Unsweetened



## Convenience Foods

The following are some options for convenience foods:

- Eden Organic Rice & Beans
- Engine 2 Hummus and Bean Dips
- Engine 2 Frozen Plant Strong Grain Medleys
- Grainful Meal Kits (all but cheddar flavor)
- Road’s End Organics Dairy Free Mac and Cheese (gluten-free)

## Tomato and Pasta Sauces

Choose sauces with no animal products, no added oil or 10% or fewer calories from fat, minimal sugar, and lower sodium when comparing products.

- Engine 2 Tomato Basil
- Whole Foods 365 Fat-Free Tomato

## Sauces, Dressings & Condiments

There are many options to boost the flavor of your food & dress your salads without adding any fat or sugar including:

- Braggs Liquid Aminos
- Braggs Nutritional yeast
- Coconut Aminos
- Eden Foods Organic Tamari
- Pacific Organic Vegetable Broth
- Hot sauces: Use sparingly as many are high sodium (Sriracha, Cholula, Frank’s RedHot)
- Mustards: Avoid high sugar honey mustard varieties
- Vinegars: apple cider, balsamic, white balsamic, flavored balsamic, white wine vinegar, unseasoned rice vinegar, and more



## Ready-made Soups

A hearty bowl of canned soup is one of the easiest meals around. And if you choose properly, it can also be a healthful addition to your diet. Check the ingredients!

- Engine 2 Soups
- Healthy Sisters Soup and Bean Works; Black Bean, Tuscan, and other varieties made without the oil, dairy, or meat in some of the suggested prep instructions
- McDougall Soups
- Pacific Spicy Kale and Black Bean Soup (shelf stable box)
- Progresso Vegetable Classics Lentil with Roasted Vegetables Soup (trace added oil)
- Trader Joe's Organic Lentil Soup (shelf stable box)



## Meat Substitutes

Use as you transition if you want a meaty texture and flavor but avoid using daily:

- Engine 2 Burgers (Whole Foods)
- Lightlife Gimme Lean and Smart Ground Meatless products (check they are oil-free)
- Westsoy Seitan Wheat Protein Strips, Cubed, or Ground
- Sunshine Burgers - all oil free



## Cheese Substitutes

There are a variety of vegan cheeses available now. Use sparingly or for special occasions as they are high in fat.

- Miyoko's Creamery cheeses (choose the no added oil varieties)
- Treeline Tree Nut Cheeses
- Nutritional yeast has a great "cheesy" flavor. Sprinkle on pasta, popcorn, baked potatoes, soups, sauces, etc...

## Chips and Crackers

There are a variety of options to choose from. Avoid kale and vegetable "chips" made with oil. Also avoid kale chip that are high in fat due to nuts and tahini if you are trying to lose weight.

- Edward & Sons Brown Rice Snaps (gluten-free, choose oil-free varieties)
- Engine 2 Crackers & Crisps
- Finn Crisps
- Le Pain des Fleurs Crispbreads (gluten-free)
- Lundberg Brown Rice Cakes (gluten-free)
- Mary's Gone Crackers and Pretzels (avoid THINS and cookies; gluten-free, but higher fat due to seeds)
- Real Food Corn Thins (gluten-free, choose oil-free varieties)
- Ryvita Crispbread
- Tortilla Chips – no commercially available oil-free option. Make your own chips from oil-free corn tortillas. Cut into triangles and bake at 350°F for 5-7 minutes per side. You can also use pita bread.
- Wasa Crispbread



## Spices & Herbs

- Basil
- Black Pepper
- Cayenne
- Cinnamon
- Cilantro
- Chili Powder
- Curry Powder
- Garlic
- Ginger
- Italian Seasoning
- Mrs. Dash sodium free flavor blends
- Paprika
- Turmeric

