

Plant-Based Grocery

Attempting to eat a whole foods diet can feel a bit daunting at first

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| <input type="checkbox"/> Apples | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Melons | <input type="checkbox"/> Berries |
| <input type="checkbox"/> Peppers | <input type="checkbox"/> Cucumbers |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Coconut |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Squash | <input type="checkbox"/> Carrots |
| <input type="checkbox"/> Potatoes | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Collards | <input type="checkbox"/> Romaine Lettuce |
| <input type="checkbox"/> Herbs | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Oats | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Rice (all kinds) | <input type="checkbox"/> Amaranth |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Lima Beans |
| <input type="checkbox"/> Edamame, Tofu, or Tempeh | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Green Peas |
| <input type="checkbox"/> Peanuts or Peanut Butter | <input type="checkbox"/> Almonds |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> Brazil nuts | <input type="checkbox"/> Macadamia nuts |
| <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Pecans |
| <input type="checkbox"/> The "Super Seeds"- Flax, Chia, and Hemp | <input type="checkbox"/> Sunflower Seeds |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Arugula |