Plant-Based Grocery

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

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

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