

Grocery List (whole foods)

FRUITS

Fresh

- | | |
|---------------------------------------|---|
| ☐ Apples | ☐ Pomegranate |
| ☐ Apricots | ☐ Raspberries |
| ☐ Bananas | ☐ Strawberries |
| ☐ Blackberries | ☐ Watermelon |
| ☐ Blueberries | Frozen |
| ☐ Cantaloupe | ☐ Blueberries |
| ☐ Cherries | ☐ Cherries |
| ☐ Coconut | ☐ Mangoes |
| ☐ Cucumber | ☐ Mixed berry blends |
| ☐ Grapefruit | ☐ Mixed fruit blends |
| ☐ Grapes | ☐ Raspberries |
| ☐ Honeydew | ☐ Strawberries |
| ☐ Kiwis | Dried |
| ☐ Lemons | ☐ Apricots |
| ☐ Limes | ☐ Cranberries |
| ☐ Mangos | ☐ Dates |
| ☐ Nectarines | ☐ Figs |
| ☐ Oranges | ☐ Gojiberries |
| ☐ Papayas | ☐ Mulberries |
| ☐ Peaches | ☐ Raisins |
| ☐ Pears | ☐ |
| ☐ Persimmons | ☐ |
| ☐ Pineapple | ☐ |

VEGETABLES

Fresh

- | | |
|---|---|
| Fresh | ☐ Radishes |
| ☐ Asparagus | ☐ Rhubarb |
| ☐ Avocado | ☐ Shallots |
| ☐ Beets | ☐ Squash |
| ☐ Bell Peppers | ☐ Sun dried tomatoes |
| ☐ Broccoli | ☐ Sweet potatoes |
| ☐ Brussels sprouts | ☐ Tomatoes |
| ☐ Cabbage | ☐ Turnip |
| ☐ Carrots | ☐ Yams |
| ☐ Cauliflower | ☐ Zucchini |
| ☐ Celery | Leafy Greens |
| ☐ Cherry tomatoes | ☐ Arugula |
| ☐ Chilies | ☐ Bok Choy |
| ☐ Collard | ☐ Chard |
| ☐ Corn | ☐ Kale |
| ☐ Cucumber | ☐ Lettuce |
| ☐ Eggplant | ☐ Mixed Salad |
| ☐ Fennel | ☐ Romaine Lettuce |
| ☐ Green onions | ☐ Spinach |
| ☐ Jalapeno peppers | Frozen |
| ☐ Kohlrabi | ☐ Broccoli |
| ☐ Leek | ☐ Corn |
| ☐ Mushrooms | ☐ Mixed Vegetables |
| ☐ Olives | ☐ Peas |
| ☐ Onions | ☐ Spinach |
| ☐ Parsnip | ☐ |
| ☐ Peas | ☐ |
| ☐ Potatoes | ☐ |

STARCHES

refined grains

- | <i>Refined grains</i> | <i>Legumes</i> |
|--|---|
| ☐ Couscous | ☐ Black beans |
| ☐ Pasta | ☐ Black eyed peas |
| ☐ Seitan | ☐ Cannellini beans |
| ☐ Tortillas | ☐ Chickpeas |
| ☐ White rice | ☐ Green beans |
| <i>Whole grains</i> | ☐ Kidney beans |
| ☐ Amaranth | ☐ Lentils |
| ☐ Barley | ☐ Lima beans |
| ☐ Brown Rice | ☐ Mung beans |
| ☐ Buckwheat | ☐ Navy beans |
| ☐ Bulgur | ☐ Pinto beans |
| ☐ Corn | ☐ Snow peas |
| ☐ Millet | ☐ Soy beans |
| ☐ Quinoa | ☐ Split peas |
| ☐ Rolled Oats | ☐ Sugar snap peas |
| ☐ Rye | ☐ |
| ☐ Whole grain bread | ☐ |
| ☐ Whole grain pasta | ☐ |

Legumes

- Legumes**
- ☐ Black beans
 - ☐ Black eyed peas
 - ☐ Cannellini beans
 - ☐ Chickpeas
 - ☐ Green beans
 - ☐ Kidney beans
 - ☐ Lentils
 - ☐ Lima beans
 - ☐ Mung beans
 - ☐ Navy beans
 - ☐ Pinto beans
 - ☐ Snow peas
 - ☐ Soy beans
 - ☐ Split peas
 - ☐ Sugar snap peas
 - ☐
 - ☐
 - ☐

NUTS & SEEDS

nuts

- nuts**
- ☐ Almonds
 - ☐ Brazil nuts
 - ☐ Cashews
 - ☐ Hazelnuts
 - ☐ Macadamia nuts
 - ☐ Pecans
 - ☐ Pistachios
 - ☐ Walnuts

Seeds

- ### ***Seeds***
- ☐ Chia seeds
 - ☐ Flax seed
 - ☐ Hemp seeds
 - ☐ Pine
 - ☐ Pumpkin seeds
 - ☐ Sesame seeds
 - ☐ Sunflower seeds
 - ☐
 - ☐
 - ☐

SPICES & MISC

Misc

- Misc**

 - ☐ Almond milk
 - ☐ Canned tomatoes
 - ☐ Cocoa
 - ☐ Coconut milk
 - ☐ Cornstarch
 - ☐ Curry paste
 - ☐ Hummus
 - ☐ Miso paste
 - ☐ Mustard
 - ☐ Nut butter
 - ☐ Rice milk
 - ☐ Salsa
 - ☐ Sambal Oelek
 - ☐ Soy milk
 - ☐ Soy yogurt
 - ☐ Tahini
 - ☐ Tempeh
 - ☐ Tofu
 - ☐ Tomato paste
 - ☐ Tomato sauce
 - ☐ Vinegar

Spices

 - ☐ Basil
 - ☐ Chili, fresh
 - ☐ Chili powder
 - ☐ Cilantro
 - ☐ Cinnamon
 - ☐ Clove
 - ☐ Coriander
 - ☐ Cumin
 - ☐ Curry
 - ☐ Dill
 - ☐ Garlic powder
 - ☐ Ginger, fresh
 - ☐ Ginger powder
 - ☐ Italian seasoning
 - ☐ Nutritional yeast
 - ☐ Onion powder
 - ☐ Oregano
 - ☐ Paprika
 - ☐ Parsley
 - ☐ Pepper
 - ☐ Red pepper flakes
 - ☐ Salt
 - ☐ Soy Sauce
 - ☐ Tamari
 - ☐ Thyme
 - ☐ Turmeric
 - ☐ Vanilla
 - ☐ Vegetable broth

Sweeteners

 - ☐ Agave syrup
 - ☐ Maple syrup
 - ☐ Molasses
 - ☐ Stevia
 - ☐
 - ☐
 - ☐

All the rest

Grocery List (processed foods)

SNACKS & SWEETS

- ☐ Candies
- ☐ Chocolate
- ☐ Cookies
- ☐ Crackers
- ☐ Corn Chips
- ☐ Fries
- ☐ Granola Bars
- ☐ Oreos
- ☐ Potato Chips
- ☐ Popcorn
- ☐ Pretzels
- ☐ Spring Rolls
- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY SUBSTITUTES

- ☐ Cheddar Style Shreds
- ☐ Cheese Slices
- ☐ Chocolate Flavored Soy/Almond Milk
- ☐ Coconut Milk Creamer
- ☐ Cream Cheese
- ☐ Earth Balance Butter
- ☐ Ice Cream (Almond/Soy)
- ☐ Mozzarella Style Shreds
- ☐ Soft Cheese
- ☐ Soy Milk Creamer
- ☐ Vanilla Flavored Soy/Almond Milk
- ☐ Vegan Sour Cream
- ☐
- ☐
- ☐
- ☐
- ☐

MEAT SUBSTITUTES

- ☐ Burgers
- ☐ Chicken Strips
- ☐ Deli Slices
- ☐ Hot Dogs
- ☐ Meatballs
- ☐ Nuggets
- ☐ Sausages
- ☐ Seitan
- ☐ Tempeh Bacon
- ☐ Textured Vegetable Protein
- ☐
- ☐
- ☐
- ☐
- ☐

CONDIMENTS

- ☐ BBQ Sauce
- ☐ Hot Sauce
- ☐ Ketchup
- ☐ Relish
- ☐ Salad Dressing
- ☐ Sriracha
- ☐ Vegetable Oil
- ☐ Vegan Mayo
- ☐
- ☐
- ☐
- ☐
- ☐

BREAKFAST & BAKING

- ☐ Bagels
- ☐ Brownie Mix
- ☐ Donuts
- ☐ Granola
- ☐ Pancake Mix
- ☐ Pita Bread
- ☐ Pudding
- ☐ Mini-Wheats
- ☐ Mixed Cereal
- ☐ Muffins
- ☐ Shredded Wheat
- ☐ Toast
- ☐ Tofu Scramble
- ☐ Vegan Egg Replacement
- ☐ Waffle Mixes
- ☐
- ☐
- ☐
- ☐
- ☐

OTHER

- ☐ Dumplings
- ☐ Fries
- ☐ Noodle Bowls
- ☐ Pasta Sauce
- ☐ Shredded Hash Browns
- ☐ Soup
- ☐ Veggie Spring Rolls
- ☐
- ☐
- ☐
- ☐
- ☐

..... All the rest

Don't forget to bring bags when you go shopping!
Be aware of these animal derived ingredients:

Bee Pollen	Gelatin	Rennet
Bone Char	Lactose	Royal Jelly
Casein	Mono- &	Whey
Caseinate	Di-Glycerides	