**Whole Food, Plant Based Vegan Shopping List**
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**100% WHOLE GRAINS**
Bagels
Bread, Sandwich, Toasting
Buns, Burger or Hot Dog
Barley
Bulgur
Cereal, Cold
Cereal, Hot
Couscous
Granola
Kasha
Millet
Muffins
Naan Bread
Noodles
Oats
Oatmeal, Quick,Rolled, Steel Cut
Pasta
Pita Bread
Polenta
Quinoa
Rice, Basmati
Rice, Brown
Rice, Jasmine
Rice, Milk
Rice, Wild
Seitan (Wheat Gluten)
Tacos
Tortillas
Wraps

Split Peas
Tempeh (Fermented Soy)
Tofu (Extra-Firm, Firm, Silken)

**VEGETABLES (Fresh or Frozen)**
Arugula
Asparagus
Artichoke
Basil
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage, Chinese
Cabbage, Green
Cabbage, Red
Carrots
Cauliflower
Celery
Chard
Cilantro
Collards
Corn, Cob
Corn, Shucked
Cucumber
Edamame (soybeans)
Eggplant
Fennel
Green Beans
Jalapeño Peppers
Jicama
Kale
Lettuce, Boston
Lettuce, Butter
Lettuce, Green Leaf
Lettuce, Iceberg
Lettuce, Loose Leaf
Lettuce, Romaine
Leeks
Mushrooms, Cremini
Mushrooms, Portabella
Mushrooms, Shiitake
Mushrooms, White
Okra
Olives, Black
Olives, Green
Onions, Red, White, Yellow

**LEGUMES/BEANS (Dried or Canned)**
Black Beans
Black Eyed Peas
Cannellini Beans
Chickpeas (Garbanzo Beans)
Fava Beans
Kidney Beans
Lentils, Green
Lentils, Red
Lima Beans

**Meat Substitutes:** Soy slices, hot dog wiener, patties, etc.
Navy Beans
Pinto Beans
Soybeans, Dried or Frozen
Soy Milk

Parsley
Parsnip
Peanut
Pepper, Green, Orange, Red
Pepper, Yellow or Orange
Potatoes, Fingerling or Petite
Potatoes, Golden
Potatoes, Red
Potatoes, Russet (Baking)
Potatoes, Sweet
Pumpkin
Radish
Sauerkraut
Scallions (Green Onions)
Shallots
Spinach
Squash, Acorn, Butternut
Squash, Spaghetti
Squash, Summer
Sugar Snap Peas
Swiss Chard
Tomatoes, Canned
Tomatoes, Cherry
Tomatoes, Fresh
Tomatoes, Paste
Tomatoes, Sun-Dried
Turnips
Yams
Zucchini

**FRUIT (Fresh or Frozen)**
Apples
Applesauce
Apricots
Avocados
Bananas
Blackberries
Blueberries
Cherries
Coconut
Cranberries
Dates, Fresh

**Dried Fruits:** Apricots, Cranberries, Currants, Dates, Figs, Prunes, Raisins, etc.
Figs
Grapes: Black, Red, Green
Grapefruit
Kiwis
Lemons
Limes
Mangoes
Melon: Honey Dew, Cantaloupe
Nectarines
Oranges
Peaches
Pears
Persimmons
Pineapple
Plums
Pomegranate
Raspberries
Strawberries
Tangerines
Watermelon

NUTS AND SEEDS
(Unsalted, Unsweetened)
Almonds
Almond Milk
Almond Butter
Cashews
Cashew Butter
Cheese: Almond, Cashew, Flax
Chia Seeds
Flaxseeds
Flaxseed Milk
Hemp Hearts/Seeds
Peanuts
Peanut Butter
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Tahini (Sesame Seed Butter)
Walnuts
Water Chestnuts

HEALTHY FATS
Canola Oil
Margarine (aka Earth Balance)
Olive Oil
Toasted Sesame Oil
Vegetable Oil Spray

CONDIMENTS, HERBS & SPICES
Agave Syrup
Basil Leaves, Fresh or Dried
\textbf{Bottled Sauces:} Barbeque, Hot,
\textbf{Teriyaki, Peanut, Sweet & Sour etc.}
Bragg Liquid Amino (Gluten Free
Soy Sauce alternative)
Capers
Chilies, Green
Chilies, Red
Cilantro, Fresh
Coco Powder
Coconut
Garlic
Ginger
Hummus
Jam, Jellies
Lemon Juice
Lime Juice
Maple Syrup
Marinara Sauce
Mayonnaise, Vegan
Mint Leaves, Fresh or Dried
Miso (Fermented Seasoning Paste)
Molasses
Mustard, Sweet or Spicy
Mustard, Dijon Style
Nutritional Yeast
Parsley, Fresh
Pickles
Relish
Salsa
Salt & Pepper
Seaweed (Nori)
Tamari (Soy Sauce)
Vegetable Broth, Bouillon
Vegetable Oil Spray
Herbs: Basil; Bay Leaves; Dill;
Marjoram; Mint; Oregano, Sage,
Rosemary, Savory, Tarragon;
Thyme
Spices: Allspice, Cardamom,
Cayenne Pepper; Chili Powder;
Cinnamon, Coriander; Cumin,
Curry, Mustard Powder, Turmeric;
Nutmeg, Paprika

BAKING BASICS
Agar Flakes/Powder
Baking Powder
Baking Soda
Chocolate, Unsweetened
Cornmeal
Cornstarch
Extracts: Almond, Vanilla
Flour: Rice, Pastry, Whole Wheat
Sugar, Brown
Sugar, Date

MISCELLANEOUS: (Household, Personal Care, and Specialty Items)