

Plant-Based Grocery

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

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

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