

Plant-Based Shopping List

When you have the right ingredients on hand, making delicious plant-based meals can be a fresh and fun adventure. Remember, plant-based eating is not “all or nothing.” You don’t have to go meat-free to be more plant-based. Feel free to add and subtract from this list, based on preferences and your own personal meal plan.

PANTRY GOODS

Key ingredients to have on hand for quick, flavorful meals. Look for low or reduced sodium options when buying canned or jarred goods.

- Dried or canned beans and lentils
- Canned tuna or salmon
- Canned tomatoes (diced or whole), tomato sauce or paste and vegetable juice
- Soy sauce or tamari
- Extra virgin olive oil
- Vinegars (balsamic, apple cider, red wine)
- Spices, herbs and blends (chili powder, curry, garlic & herb, garam masala, etc.)
- Nut and/or seed butters (or make your own walnut butter)
- Vegetable broth (versatile for cooking with or without meat and poultry)
- Low-fat evaporated milk as a replacement for whole milk or cream

VEGETABLES/FRUITS

Choose your favorite fresh, frozen or canned fruits and vegetables—all are healthful! Be sure to eat with the seasons, which ensures the produce is at peak flavor.

- Artichokes
- Cruciferous vegetables (broccoli, cabbage, cauliflower, etc.)
- Winter or Summer squash
- Leafy green vegetables
- Peas
- Carrots
- Tomatoes
- Avocados
- Mushrooms
- Peppers
- Onions
- Garlic

- Root vegetables (beets, parsnips, etc.)
- Potatoes
- Bananas
- Apples
- Pears
- Citrus
- Berries
- Grapes
- Melon
- Dates and dried fruit

REFRIGERATED

- Walnuts (freeze if storing for longer than one month)
- Fish/seafood
- Poultry
- Tofu
- Tempeh
- Eggs
- Cheeses
- Low-fat and non-fat milk
- Alternative milks such as walnut or soy (look for fortified options)
- Yogurt (Greek or plain non-fat/low-fat)

GRAINS

- Steel-cut or old-fashioned oats
- Ancient grains (quinoa, farro, millet, bulgur)
- Whole grain, low-sugar cereals
- 100% whole wheat bread
- Whole grain pasta
- Brown or wild rice
- Whole wheat flour

