HEALTHY PLANT-BASED GROCERY LIST

YUMMY MUMMY KITCHEN

PROTEINS

- [ ] Tofu
- [ ] Tempeh
- [ ] Meat replacements (such as veggie burgers, optional)

DAIRY ALTERNATIVES

- [ ] Unsweetened plant-based milk
- [ ] Unsweetened vegan yogurt
- [ ] Vegan butter
- [ ] Vegan cheese

VEGETABLES

- [ ] Onions
- [ ] Garlic
- [ ] Carrots
- [ ] Sweet potatoes
- [ ] Leafy greens
- [ ] Broccoli
- [ ] Cauliflower
- [ ] Butternut squash
- [ ] Mushrooms
- [ ] Eggplants
- [ ] Zucchini
- [ ] Cucumber
- [ ] Tomatoes
- [ ] Bell peppers

FRUIT

- [ ] Berries
- [ ] Oranges
- [ ] Lemons
- [ ] Apples
- [ ] Mangoes
- [ ] Dates
- [ ] Avocados

LEGUMES

- [ ] Kidney beans
- [ ] Black beans
- [ ] Chickpeas
- [ ] Pinto beans
- [ ] White beans
- [ ] Green lentils
- [ ] Red lentils
- [ ] Split Peas
- [ ] Hummus

GRAINS

- [ ] Rice
- [ ] Oats
- [ ] Quinoa
- [ ] Farro
- [ ] Pasta

DRINKS

- [ ] Sparkling water
- [ ] Coconut water
- [ ] Herbal tea
- [ ] Kombucha

NUTS AND SEEDS

- [ ] Almonds
- [ ] Cashews
- [ ] Walnuts
- [ ] Peanuts
- [ ] Sunflower seeds
- [ ] Pumpkin seeds
- [ ] Chia seeds
- [ ] Flax seeds
- [ ] Peanut butter
- [ ] Almond butter

PANTRY

- [ ] Coconut milk
- [ ] Canned tomatoes
- [ ] Olive oil
- [ ] Vinegar (ACV, balsamic, red wine)
- [ ] Tamari or soy sauce
- [ ] Maple syrup
- [ ] Spices
- [ ] Olives

OTHER

- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____