

# Plant based staples

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Y a a a a y y y y y !!!

Congratulations on choosing to take a step toward living a healthier and ultimately happier life. I say this because eating the right food has just as much an impact on our mental and emotional health as it does on our physical health.

Use this as a guide to keep your kitchen stocked & let it inspire you to try new, healthy, delicious plant based meals with the ingredients listed.

Below are some staples of a **Whole Food Plant Based** diet. Use these ingredients as a base & add healthy animal proteins to it if you wish but try keep your focus on your plate being 80% whole foods & 20% animal based.

My hope is that this categorized list will help make grocery shopping a little easier for you and take the guessing work out of what to buy.



Happy Shopping :)



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## FRESH PRODUCE

- Avocado
- Apples
- Broccoli
- Banana
- Blueberries
- Bell peppers
- Cauliflower
- Garlic
- Lemons & Limes
- Leafy greens
- Radish
- Red onion
- Strawberries
- Sweet potato
- Tomato
- Zucchini

These are just ideas. Get creative & choose color variety. Use the EWG dirty dozen & clean 15 as a guide on what to buy organic

## NATURAL SWEETNERS

- Manuka Honey
- Maple Syrup
- Monkfruit/Xylitol
- Stevia



## CANNED GOODS

- Black beans
- Kidney beans
- Chickpeas
- Coconut milk
- Tomatoes

Ensure no preservatives added and low sodium

## NUTS & SEEDS

- Almonds
- Cashews
- Pistachios
- Walnuts
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Ground flax seed
- Shelled hemp seeds

Opt for raw. Avoid honey roasted as this is high in added sugars



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## HERBS & SPICES

- Basil
- Cilantro
- Ginger root
- Rosemary
- Cinnamon
- Cumin
- Himalayan Salt
- Paprika
- Nutritional Yeast
- Turmeric
- Seaweed seasoning (Salt alternative)
- Dill
- Mint

Try buy or grow fresh herbs where possible. Stick with spices that are natural and free from any added ingredients

## CONDIMENTS

- Apple Cider Vinegar
- Coconut Aminos
- Sauerkraute/Kimchi
- Mustard

## GRAINS & LEGUMES

- Quinoa
- Lentils
- Lentil pasta
- Quinoa Pasta
- Wild Rice
- Black rice
- Steel cut oats

## FROZEN

- Blueberries or mixed berries
  - Cauliflower rice
- These are great options for smoothies

## MILK ALTERNATIVES

- Almond, cashew or any nut milk
- Flax, hemp or oat milk

Chose unsweetened versions and avoid soy milk where possible

