

Clean Eating Plant Based Grocery List



purely
wholistic

CERTIFIED NUTRITIONIST

Protein

- All organic dry beans
- Almonds
- Cashews
- Mixed nuts
- Nut butters
- Peanut butter
- Lentils
- Pumpkin seeds
- Sunflower seeds
- Farm fresh eggs*

Grains

- Quinoa
- GF Oats
- Oat groats
- Brown rice
- Wild rice

Breads

- Dave's Killer Bread**
- Siete Foods tortillas
- Engine 2 tortillas**
- Julian Bakery Paleo Bread

Flour and Baking

- Pamela's GF baking mixes
- Namaste GF flour
- Buckwheat flour
- Almond meal/flour
- Sprouted spelt flour**
- Einkorn flour**
- Aluminum free baking powder
- Raw cocoa powder
- Organic unbleached sugar
- Local raw honey
- Pure maple syrup
- Agave syrup
- Alcohol free vanilla extract
- Enjoy Life chocolate chips

Oils and Condiments

- Organic extra virgin coconut oil
- Avocado oil
- Extra virgin olive oil
- Primal Kitchen salad dressings
- Mustard

- Chosen Foods avocado oil mayo*
- Chosen Foods vegan mayo
- All types of vinegar
- Earth Balance butter spread
- Coconut Aminos (next to soy sauce)
- Ketchup (HFS free)
- Sesame oil
- Salsa (watch for added sugar, colors, etc)
- Salsa Verde

*Eggs are not a plant based food and are optional

** Not a gluten free item

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Snacks

- Hippeas vegan snacks
- Simple Mills GF crackers
- Earth Balance snacks**
- GF granola
- Endangered species dark chocolate (look for certified vegan)
- Mary's Gone Crackers
- Larabar protein bars
- Rx Bars*

From the Dairy

- Coconut milk yogurt
- Follow Your Heart vegan cheese
- Kite Hill sour cream
- Kite Hill cream cheese
- Kite Hill ricotta cheese

Produce-

All fresh produce is good!

Buy organic when it's available.

Always wash non-organic produce well with a non-toxic solution.

Get creative! Buy something you've never tried, then go home and look up a recipe.

Have fun preparing fresh veggies and fruits in new ways!

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