

Whole Food Plant-Based Diet Grocery List PDF from EatPlant-Based.com

NOTE: I do not keep all these varieties of veggies and fruit in my kitchen all the time. Who has that kind of room? I just want to give you an idea of what is available.

Grains:

- old fashion oats
- rice (brown, Jasmin, wild, etc.)
- [bulgur](#) (a wheat grain that is great for adding texture to meatless dishes)
- quinoa
- barley (I add to soups and stews)
- millet (I add to soups and stews)
- corn meal (for cornbread)
- grits
- unbleached flour (whole wheat, spelt, brown rice, barley, etc.)
- whole-wheat pastry flour
- pasta (whole wheat, spelt, artichoke, quinoa, etc.)
- bread (rye, pumpernickel, spelt, etc.)
- tortillas (corn & whole grain flour)

Legumes:

- kidney beans
- pinto beans
- garbanzo
- white beans (navy, cannellini, great northern, etc.)
- black beans
- black-eyed peas
- green peas
- split peas
- edamame (soybean, fresh or frozen)
- lentils (red, green, brown, etc.)
- nuts
- many, many more...

Vegetables:

There is no limit here. I do not keep all of these on-hand. This is just to make you aware of what is available:

- potatoes (red, Russet, Yukon gold, etc.)
- sweet potatoes
- tomatoes
- carrots
- radishes

- artichokes
- lettuces (Romaine, endive, butter head, loose leaf, etc.)
- other greens (spinach, collards, etc.)
- cabbages (purple, green, Napa, Bok Choy, etc.)
- broccoli
- cauliflower
- Brussels sprouts
- bean sprouts
- leeks
- garlic
- ginger
- bell peppers (red, yellow, green)
- pepper (the hot ones)
- onions (purple, yellow, white, etc.)
- corn
- cilantro
- parsley
- This is just a few...

Fruits:

- apples
- pears
- oranges
- grapes
- pineapple
- nectarine
- peach
- bananas
- berries (strawberries, blueberries, raspberries, etc.)
- kiwi
- avocado
- lemon
- lime
- melons (cantaloupe, watermelon, honey dew, etc.)
- and many, many more

Condiments:

- balsamic vinegar
- apple cider vinegar
- rice vinegar
- red wine vinegar
- Bragg's amino acids
- tahini (this is a sesame paste. Usually found in peanut butter section)
- maple syrup

- black strap molasses
- Dijon mustard
- yellow mustard
- ketchup
- soy sauce or tamari
- Worcester sauce (make sure it doesn't have anchovies)
- vegetarian 'oyster' sauce
- nutritional yeast
- sweetener such as sucanat or sugar (sucanat is a less refined sugar)
- baking powder
- baking soda
- corn starch or arrowroot powder (for thickening)
- vanilla
- vegan, low-fat soup cups like Dr. McDougall

Spices:

- Italian seasoning
- garlic powder
- onion powder
- paprika and smoked paprika
- peppercorn mélange
- turmeric
- tarragon
- cayenne
- chili powder
- cumin
- steak seasoning
- bay leaf
- parsley
- basil
- oregano
- red pepper flakes
- just to name a few...

Canned Foods:

- beans
- tomato paste
- tomato sauce
- artichoke hearts
- water chestnuts
- chipotles
- cream corn
- pimentos
- baby corn

- vegan low-fat soups
- veggie broth
- fire roasted tomatoes
- apple sauce

Refrigerator Foods:

- hummus
- plant-based milk (soy, almond, rice, etc.)
- tofu (firm, extra firm, silken)
- tempeh
- seitan
- lemon juice
- flax meal
- salsa

Frozen Foods:

- Ezekiel breads (they are kept in the freezer section of many grocery stores)
- hash browns
- fruits (like berries, etc.)
- chopped spinach
- corn nibbles
- green peas
- mixed veggies
- stir fry veggies
- healthy plant-based pizza crusts
- whole grain bagels
- whole grain buns (for bean burgers and carrot hot dogs)