



PLANT-BASED

GROCERY SHOPPING LIST

ANIMAL PRODUCT SUBSTITUTES		LEGUMES	GRAINS		SPROUTS	SEEDS	NUTS
Plant Based Milks	Soy Products	Beans & Peas	Gluten Free	Wheat Products	Chickpeas sprouts	Sunflower Seeds	Almonds
Soy Milk	Tofu	Soy Beans	Amaranth	Bulgur	Black lentil sprouts	Chia Seeds	Cashews
Almond Milk	Tempeh	White Beans	Buckwheat	Bread	Brown lentil sprouts	Pumpkin Seeds	Brazil Nuts
Rice Milk	Wheat Protein Products	Fava Beans	Millet	Pasta	Green lentils sprouts	Flax Seeds	Hazel Nuts
Cocounut Milk	Seiten	Lima Beans	Couscous	Quinoa	Red lentils sprouts	Safflower Seeds	Pine Nuts
Oat Milk	TVP	Pinto Beans	Pita	Oats (some brands)	Yellow lentils sprouts	Hemp Seeds	Pecans
Hemp Milk		Mung Beans	Rice cakes	Brown rice	Mung beans sprouts	Sesame Seeds	Pistachio
Sesame Milk		Cranberry Beans	Wild Rice		Green peas sprouts		Macadamia Nuts
		Navy Beans	Sorghum		Alfalfa sprouts		
		Adzuki Beans	Teff		Broccoli sprouts		
		Black Beans	Contain gluten:		Beet sprouts		
		Peas	Barley		Radish sprouts		
		Chickpeas	Bulgur				
		Green peas	Spelt				
		Snow peas	Rye				
		Split peas	Oats (some brands)				
		Black-eyed Peas					