

Plant-based Eating Grocery List



FRUIT

- MANGOES
- BANANAS
- BLUEBERRIES
- PLUMS
- APPLES

I like to get fruit that I can snack on or add to a smoothie with ease.

*fresh + frozen

GRAINS, NUTS + SUCH

- FLAX SEEDS
- CHIA SEEDS
- QUINOA
- BROWN RICE
- OATMEAL
- OATMEAL
- OATMEAL
- CHIA SEEDS
- CHIA SEEDS
- QUINOA
- QUINOA
- BROWN RICE
- BROWN RICE

VEGGIES

- CUCUMBERS
- KALE
- SQUASH
- ONIONS
- PEPPERS
- TOMATOES
- SPINACH
- SWEET POTATOES
- MUSHROOMS
- AVOCADO

MISCELLANEOUS

- NON-DAIRY YOGURT
- COCONUT ICE CREAM
- ALMOND MILK*
- GREEN SMOOTHIE
- ALMOND FLOUR
- APPLESAUCE*
- ALMONDS
- PECANS

SEASONINGS + CONDIMENTS

- BBQ SAUCE
- MUSTARD
- RASPBERRY WALNUT
- VINEGARETTE
- BOYSENBERRY
- BOYSENBERRY
- SYRUP
- RASPBERRY WALNUT
- VINEGARETTE
- BOYSENBERRY
- ONION POWDER
- GARLIC POWDER
- CURRY
- CAYENNE PEPPER
- AGAVE SYRUP

I feel like seasoning + condiments are everything. They can make bland meals much better.

Join The Wellness Tribe facebook group for a free webinar on where to shop, recipes, how to save and more!

