

Plant Fueled - Clean Eating Grocery List

- Choose organic produce and products where you can
- Read labels and avoid artificial additives



VEGGIES	
Asparagus	
Bell pepper	
Broccoli	
Cabbage	
Carrots	
Cauliflower	
Celery	
Cucumber	
Green beans , Snap peas	
Leafy greens (e.g. kale, arugula, chard, spinach)	
Pumpkin, Squash	
Sprouts (e.g. Alfalfa)	
Sweet potatoes	
Tomatoes	
Zucchini	

DAIRY ALTERNATIVES	
Nut milks, unsweetened (Almond, Cashew, Coconut, Hemp)	
Plant based yogurt, unsweetened	

FRUITS	
Apples	
Avocado	
Bananas	
Berries (all kinds)	
Grapefruit	
Grapes	
Lemons/Limes	
Mango	
Melon (all kinds)	
Orange	
Papaya	
Pineapple	
Pomegranate	

SWEETS	
Dark chocolate >70% cocoa	
Dried fruit	
Natural sweeteners (e.g. maple syrup, molasses, coconut sugar, stevia)	

NUTS & SEEDS	
Almonds	
Cashews	
Chia seeds	
Flax seeds	
Hemp hearts	
Pecans	
Pine nuts	
Pistachios	
Pumpkin seeds	
Sesame seeds	
Sunflower seeds	
Walnuts	

OILS & VINEGAR	
Apple cider vinegar	
Balsamic vinegar	
Extra virgin olive oil, cold pressed	
Extra virgin unrefined Coconut Oil	
Nut oils, cold pressed	
Roasted sesame oil	
Vega® Omega Oil Blend	
White wine vinegar	

LEGUMES	
Beans (all kinds)	
Chickpeas (dry, canned)	
Edamame	
Lentils (red, black, yellow, green)	
Split peas	

SPICES & HERBS (fresh or dried)	
Basil	
Chili	
Cilantro	
Cinnamon	
Cumin	
Garlic	
Ginger	
Parsley	
Rosemary	
Thyme	
Turmeric	

MEAT ALTERNATIVES	
Tempeh	
Tofu	

CONDIMENTS + OTHERS	
Canned tomatoes (BPA free)	
Dijon mustard	
Frozen berries	
Miso paste	
Nut butters, natural	
Plant based protein powder	
Rice paper wraps	
Seaweed (e.g. Nori)	
Tahini paste	
Tamari	
Teas (green, white, herbal)	

GRAINS & STARCHES	
Amaranth	
Faro	
Millet	
Oats	
Pasta (whole grain, lentil, buckwheat)	
Quinoa	
Rice (brown, wild, red)	