

# Plant-Based Grocery List

Bottom Line — Eat Real Food!

## PROTEIN

*\*Choose quality sources whenever possible, depending on availability and budget*

### EGGS (if applicable)

\*Organic, pastured or pasture-raised

- CHICKEN
- DUCK
- GOOSE
- QUAIL

### SEAFOOD

(if applicable)  
\*Wild-caught

- CRAB
- FISH
- LOBSTER
- OYSTERS
- SCALLOPS
- SHRIMP
- \_\_\_\_\_

### LEGUMES

\*Properly prepared/soaked

- LENTILS
- CHICKPEAS/GARBANZO BEANS
- BLACK BEANS
- ADZUKI BEANS
- KIDNEY BEANS
- LIMA BEANS
- PEAS
- \_\_\_\_\_

### DAIRY

\*High-quality, grass-fed, organic, fermented

- YOGURT
- KEFIR
- \_\_\_\_\_

### PROTEIN POWDERS

\*High-quality, grass-fed, organic; avoid additives, artificial flavors, sugars, & soy-based protein

- COLLAGEN
- WHEY
- HEMP
- PEA
- \_\_\_\_\_

## FATS

*\*Choose quality fat sources: organic, pastured, 100% grass-fed animal fats and organic, extra-virgin, unrefined, cold-pressed oils; see The NativeBody Reset Guide to Healthy Fats for details*

### FOR COOKING

- AVOCADO OIL
- BUTTER
- COCONUT OIL
- GHEE
- MACADAMIA NUT OIL
- OLIVE OIL
- PALM OIL

### OTHER FATS FOR EATING

#### NUTS/SEEDS

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- CHIA SEEDS
- FLAX SEEDS
- HEMP SEEDS
- MACADAMIA NUTS
- PECANS

- PISTACHIOS
- PUMPKIN SEEDS
- SESAME SEEDS
- SUNFLOWER SEEDS
- WALNUTS
- NUT BUTTERS  
(E.G., ALMOND, SUNFLOWER SEED)

#### NUTS/SEED OILS

- FLAXSEED OIL
- HEMP OIL
- PUMPKIN SEED OIL
- WALNUT OIL
- SESAME OIL  
(USE SPARINGLY)

#### OTHER

- AVOCADO
- COCONUT BUTTER
- COCONUT CREAM
- COCONUT MILK
- COCONUT FLAKES
- OLIVES

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## VEGETABLES

*\*Choose organic when possible*

- ARTICHOKE
- ARUGULA
- ASPARAGUS
- AVOCADO
- BEETS
- BELL PEPPERS
- BOK CHOY
- BROCCOLI
- BRUSSELS SPROUTS
- CABBAGE

- CARROTS
- CAULIFLOWER
- CELERY
- CELERY ROOT
- COLLARD GREENS
- CUCUMBER
- EGGPLANT
- FENNEL
- GARLIC
- GREEN BEANS

- JICAMA
- KALE
- LEEKS
- LETTUCE (VARIETY)
- MUSHROOMS
- MUSTARD GREENS
- OKRA
- ONIONS
- PARSNIP
- PUMPKIN

- RADISHES
- RHUBARB
- RATUBAGA
- SNOW PEAS
- SPINACH
- SQUASH: ACORN
- SQUASH: BUTTERNUT
- SQUASH: DELICATA
- SQUASH: SPAGHETTI
- SQUASH: OTHER  
(E.G., PATTY PAN)

- SQUASH  
(YELLOW OR SUMMER)
- SUGAR SNAP PEAS
- SWEET POTATO/YAM
- SWISS CHARD
- TOMATOES
- TURNIPS
- ZUCCHINI
- \_\_\_\_\_

## FRUITS

*\*Choose organic when possible*

- |                                       |                                       |   |                                      |                                       |
|---------------------------------------|---------------------------------------|---|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> APPLES       | <input type="checkbox"/> CHERRIES     | <input type="checkbox"/> HONEYDEW MELON | <input type="checkbox"/> PAPAYA      | <input type="checkbox"/> RASPBERRIES  |
| <input type="checkbox"/> APRICOTS     | <input type="checkbox"/> DATES        | <input type="checkbox"/> KIWI           | <input type="checkbox"/> PEACHES     | <input type="checkbox"/> STRAWBERRIES |
| <input type="checkbox"/> BANANAS      | <input type="checkbox"/> FIGS         | <input type="checkbox"/> LEMONS         | <input type="checkbox"/> PEARS       | <input type="checkbox"/> TANGERINES   |
| <input type="checkbox"/> BLACKBERRIES | <input type="checkbox"/> GOJI BERRIES | <input type="checkbox"/> LIMES          | <input type="checkbox"/> PINEAPPLE   | <input type="checkbox"/> WATERMELON   |
| <input type="checkbox"/> BLUEBERRIES  | <input type="checkbox"/> GRAPEFRUIT   | <input type="checkbox"/> MANGOES        | <input type="checkbox"/> PLUMS       | <input type="checkbox"/> _____        |
| <input type="checkbox"/> CANTALOUPE   | <input type="checkbox"/> GRAPES       | <input type="checkbox"/> NECTARINES     | <input type="checkbox"/> POMEGRANATE |                                       |

## HERBS & SPICES

*\*Choose organic when possible*

- |   |                                      |   |                                |
|---|--------------------------------------|---|--------------------------------|
| <input type="checkbox"/> <b>DRIED</b>   |                                      | <input type="checkbox"/> <b>FRESH</b>   |                                |
| <input type="radio"/> BASIL             | <input type="radio"/> CURRY POWDER   | <input type="radio"/> BASIL             | <input type="radio"/> MINT     |
| <input type="radio"/> BAY LEAVES        | <input type="radio"/> GARLIC POWDER  | <input type="radio"/> CHIVES            | <input type="radio"/> OREGANO  |
| <input type="radio"/> CARAWAY SEEDS     | <input type="radio"/> GINGER         | <input type="radio"/> CILANTRO          | <input type="radio"/> PARSLEY  |
| <input type="radio"/> CAYENNE PEPPER    | <input type="radio"/> GROUND CLOVES  | <input type="radio"/> DILL              | <input type="radio"/> ROSEMARY |
| <input type="radio"/> CHIPOTLE POWDER   | <input type="radio"/> GROUND MUSTARD | <input type="radio"/> GINGER            | <input type="radio"/> SAGE     |
| <input type="radio"/> CINNAMON          | <input type="radio"/> NUTMEG         | <input type="radio"/> HORSERADISH       | <input type="radio"/> THYME    |
| <input type="radio"/> CORIANDER         | <input type="radio"/> ONION POWDER   | <input type="radio"/> LEMONGRASS STALKS | <input type="checkbox"/> _____ |
| <input type="radio"/> RED PEPPER FLAKES | <input type="radio"/> OREGANO        |   |                                |
| <input type="radio"/> CUMIN             |                                      |   |                                |

## CONDIMENTS+

*\*Choose organic when possible; avoid added sugar and additives; read labels*

- |   |   |   |                                      |   |
|---|---|---|--------------------------------------|---|
| <input type="checkbox"/> ALMOND MEAL/FLOUR                        | <input type="checkbox"/> CAPERS         | <input type="checkbox"/> HOT SAUCE (PALEO-FRIENDLY) | <input type="checkbox"/> NUT BUTTERS | <input type="checkbox"/> TAMARIND PASTE       |
| <input type="checkbox"/> APPLE CIDER VINEGAR (RAW, UNPASTEURIZED) | <input type="checkbox"/> COCONUT AMINOS | <input type="checkbox"/> LEMON JUICE                | <input type="checkbox"/> OLIVES      | <input type="checkbox"/> THAI RED CURRY PASTE |
| <input type="checkbox"/> ARTICHOKE HEARTS                         | <input type="checkbox"/> COCONUT FLOUR  | <input type="checkbox"/> LIME JUICE                 | <input type="checkbox"/> PALEO MAYO  | <input type="checkbox"/> TOMATO PASTE         |
| <input type="checkbox"/> BAKING SODA                              | <input type="checkbox"/> COCONUT MILK   | <input type="checkbox"/> MARINARA OR TOMATO SAUCE   | <input type="checkbox"/> PEPPER      | <input type="checkbox"/> VANILLA EXTRACT      |
| <input type="checkbox"/> BALSAMIC VINEGAR                         | <input type="checkbox"/> DIJON MUSTARD  | <input type="checkbox"/> NORI FLAKES                | <input type="checkbox"/> SALSA       | <input type="checkbox"/> _____                |
| <input type="checkbox"/> BONE BROTH                               |   |   | <input type="checkbox"/> SEA SALT    |   |

**This grocery list includes protein modifications for those following a plant-based approach.** Shop the perimeter for fresh, whole, REAL foods and avoid packaged or canned food. Better yet, shop at your local farmers market!

\*Denotes gold standard option. It can get confusing, so know your labels!