



# Grocery Guide

## Plant-Based

Extensive grocery list for your inspiration

[beautydiets.com](https://beautydiets.com)

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### Fruit (fresh or frozen):

- Avocado
- Apple
- Bananas
- Blackberries
- Blueberries
- Cherries
- Cranberries
- Grapes
- Lemon
- Lime
- Mango
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Pineapple
- Pomegranate
- Raspberries
- Strawberries
- Watermelon

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### Legumes (canned or dried):

- Adzuki beans
- Black beans
- Cannellini beans
- Chickpeas
- Edamame
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Split peas
- Soy beans

### Nut butters (aim to make yourself):

- Almond butter
- Peanut butter
- Cashew butter
- Mixed nut butter

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### Vegetables (fresh, frozen or canned):

- Arugula
- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Corn
- Cucumber
- Eggplant
- Garlic
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Peas
- Peppers
- Potatoes
- Radish

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- Spinach
- Squash
- String beans
- Swiss chard
- Seaweed
- Tomatoes
- Yams
- Zucchini

### Whole grains:

- Amaranth
- Barley
- Bulgur
- Buckwheat
- Brown rice
- Legume pasta
- Millet
- Oats (rolled or steel-cut)
- Sourdough bread
- Quinoa
- Whole wheat pasta

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### Nuts & seeds:

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseed
- Hemp seeds
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

### Sweeteners:

- Coconut sugar
- Coconut flower syrup
- Date sugar
- Maple syrup
- Molasses

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### Spices & herbs:

- Basil
- Bay leaf
- Black salt
- Chili
- Cilantro
- Cinnamon
- Coconut aminos
- Curry
- Dill
- Garlic powder
- Ginger
- Miso paste
- Mustard
- Mushroom powder
- Nutritional yeast
- Onion powder
- Oregano

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- Paprika
- Parsley
- Red pepper flakes
- Salt
- Soy sauce
- Tamari
- Thyme
- Turmeric
- Vanilla

### Non-dairy:

- Almond milk
- Cashew milk
- Coconut milk
- Coconut yoghurt
- Hemp milk
- Oat milk
- Pea milk
- Soy milk
- Soy yoghurt



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### Other:

- Chickpea flour
- Cereal (whole grain)
- Dairy-free chocolate
- Whole grain crackers
- Hummus
- Olives
- Olive oil
- Coconut oil
- Canned tomatoes
- Tomato paste
- Pickles
- Sauerkraut
- Kimchi
- Kombucha
- Tahini
- Tortillas
- Vegetable broth

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- Vinegar (ACV, Balsamic)
- Sesame oil
- Cocoa powder
- Protein powder
- Rice paper wrappers
- Rice vermicelli noodles
- Soba noodles
- Coconut water
- Coconut cream
- Granola
- Tea
- Herbal tea
- Matcha
- Organic tofu (silken or firm)
- Organic tempeh
- Soy curls
- Egg replacement
- Psyllium husk

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### Pantry-staples cheat sheet:

- Quinoa
- Rice
- Millet
- Rolled oats
- Wholemeal flour
- Buckwheat flour
- Legume pasta
- Soba noodles
- Canned lentils
- Canned chickpeas
- Canned butter beans
- Tofu (silken and firm)
- Coconut cream
- Peanut butter
- Tahini
- Nutritional yeast
- Dates
- Dairy-free chocolate
- Cacao powder
- Walnuts
- Brazil nuts

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- Hemp seeds
- Chia seeds
- Flaxseed
- Sesame seeds
- Pumpkin seeds
- Coconut oil
- Olive oil
- Sesame oil
- Balsamic vinegar
- ACV
- Iodised salt
- Onion powder
- Black salt
- Turmeric
- Cumin
- Ginger
- Pepper
- Mustard
- Soy sauce (or liquid aminos)
- Maple syrup
- Canned tomatoes
- Tomato paste

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Here are some bonus tips for plant-based living:

- Read labels carefully to ensure products are genuinely plant-based
- Explore different stores for a variety of options
- Try new plant-based recipes for nutritious meals
- Experiment with flavours and textures
- Stay informed about the health benefits of plant-based eating
- Join online communities or local groups for support and recipe-sharing
- Incorporate a variety of plant-based proteins like tofu, tempeh, legumes, and nuts
- Be creative with meal planning to keep things exciting and balanced
- Remember that small steps towards plant-based living still make a positive impact on your health and the environment