



DIVINE Harvest

PLANT-BASED SHOPPING LIST

*Produce

- Choose a variety of your favorite fruits and vegetables (organic when possible)
- Organic frozen fruit is good for your smoothies
- avocados are a healthy fat and contain about 20 vitamins and minerals!
- Dark leafy greens are great superfoods (i.e. Kale, Collards, spinach, lettuces, parsley, cilantro, chards, Bok choy, and arugula) (can add in your smoothies)
- Fresh is best, but frozen vegetable are good to keep on hand (buy organic and should not contain a coating, oil, or dairy ingredients)
- Buy Root Veggies (variety of potatoes, onions, leeks, carrots, radishes, beets, garlic, ginger, turnips)

*Beans and Legumes

- Choose a variety of dried beans and peas (adzuki beans, black beans, black-eyed peas, chickpeas, fava beans, kidney beans, green beans, lentils, mung beans, lima beans, pinto beans, homemade veggie burgers) (Organic when possible)
- If you purchase canned beans, make sure to look for cans labeled no-salt or low sodium.

*Nuts, Seeds, and Dried Fruits

- Buy “raw” nuts (not roasted, glazed, or salted) (organic when possible)
- Nut butters (i.e. almond butter and sunflower butter) are great for hunger urges (look for those labeled “raw” with no added oils)
- Both Chia Seeds and Flax seeds are great to add in smoothies and on top of your hot cereals (Omega-3 rich)
- If you buy “whole” flaxseeds, make sure to ground them in a coffee grinder (you can purchase ground flax seeds)

*BUY ORGANIC WHEN POSSIBLE

- Flax seeds also make a great egg replacement in recipes (1 tbsp. of ground flaxseeds added to 2.5 tbsps. of water (let it sit for 5 minutes to thicken) = 1 egg)
- Chia seeds are also a good source of protein
- Pumpkin, sesame, and sunflower seeds are also great choices and can be added to salads for a healthy crunch
- choose dried fruits that do not have added sugar

*Breads

- Choose breads that are 100% whole grain (Use sparingly)
- STAY AWAY FROM ENRICHED WHEAT FLOUR
- Ezekiel Breads and Sprouts Market has a good plant-based breads (located in the bread area, but with the refrigerated breads)
- Tortillas (Corn and Wheat Varieties) (look for non-GMO)

*Whole Grains

- A great variety of whole grains choices (i.e. rice, quinoa, farro, spelt, bulgur, millet, hull-less barley, whole grain polenta or coarse cornmeal, oatmeal)
- Variety of rice options (i.e. short, medium, and long grain, basmati, jasmine, black, wild)

*Whole Grain Flours

- Variety of flours to choose from (i.e. wheat, oat, spelt, barley, amaranth, kamut, rye)
- Any 100% whole wheat or brown rice pasta (other grains are ok – spelt, quinoa, etc. – but read carefully to make sure it is entirely whole grain)

*Breakfast Cereals

- Choose minimally sweetened, whole grain cold and hot cereals without added oil (i.e., Steel Cut Oatmeal, Rolled (Old Fashioned) Oats, Shredded Wheat, some Kashi Brands (watch for sugar and should be Non-GMO)

*Non-Dairy Milks

- Variety of non-dairy beverages available (i.e. Unsweetened Almond Milk, Unsweetened Coconut Milk, Unsweetened Cashew milk)

*Tomato and Pasta Sauces

- Homemade is always best but it is ok to buy already prepared sauces, but make sure there are no animal products, no added oil, minimal sugar, and low sodium

*Flavor Boosters

- Vinegars: Balsamic, apple cider vinegar, white wine vinegar, unseasoned rice vinegar

*BUY ORGANIC WHEN POSSIBLE

- Citrus juice and zest
- Spices and herbs: Individual spices and sodium free flavor blends, garlic and ginger (fresh or minced in jars without added sodium), onions, fresh herbs
- Mustards: Avoid high sugar honey mustard varieties
- Hot sauces: Use sparingly as many are high sodium
- Capers: Rinse before using to reduce sodium content
- Olives: Choose olives that are not packed in oil, use sparingly as most are high in sodium
- Coconut Amino
- Bragg Liquid Amino
- Try nutritional yeast for sprinkling on pasta and using in recipes for “cheesy” flavor (great on popcorn too!)
- Butter substitute- EARTH BALANCE

*HEALTHY OILS

- Extra Virgin Olive Oil (do not heat)
- Coconut Oil (Great for heating, i.e. roasting or sautéing)
- Grapeseed Oil Great for heating, i.e. roasting or sautéing)
- Avocado Oil (Great for heating, i.e. roasting or sautéing)

*BEVERAGES

- Alkaline Water
- Unsweetened nondairy milks
- Herbal teas
- Green tea
- Herbal coffee

*Sweeteners

- Stevia (this is an herb- healthy alternative)
- date sugar (healthy alternative)
- coconut sugar
- Maple Syrup or molasses (sparingly)
- Raw Honey (sparingly)
- Agave Nectar (sparingly)
- **AVOID WHITE SUGAR, BROWN RICE SYRUP, BROWN SUGAR, CANE SUGAR CONFECTIONER’S SUGAR, FRUCTOSE (THESE ARE REFINED SUGARS)**

*BUY ORGANIC WHEN POSSIBLE