

VEGETARIAN GROCERY GUIDE

PRODUCE

- Avocados
- Bell Peppers, Carrots, Celery, Cucumber, Snap Peas
- Brussels Sprouts, Broccoli, Cauliflower, Green Beans
- Potatoes and Sweet Potatoes
- SQUASH: Acorn, Butternut, Delicata, Spaghetti, Eggplant
- SALAD GREENS: Arugula, Mixed Greens, Romaine
- LEAFY GREENS: Kale, Spinach, Swiss Chard
- Garlic (fresh or jarred)
- Ginger
- Mushrooms
- Onions, Shallots
- Apples, Pears
- Bananas
- BERRIES: Blackberries, Blueberries, Strawberries, Raspberries
- CITRUS: Lemon, Limes, Oranges, Tangerines, Grapefruit
- DATES: Medjool, Deglet Noor
- MELON: Cantaloupe, Honeydew, Watermelon
- STONE FRUITS: Apricots, Nectarines, Peaches, Plums
- TROPICAL FRUITS: Pineapple, Mango, Kiwi, Papaya
- FRESH HERBS: Basil, Cilantro, Mint, Parsley

BAKERY

- Whole Grain Bread
- Whole Grain Rolls and Buns
- Desserts

DAIRY & ALTERNATIVES

- MILK ALTERNATIVES: Almond, Oat, Cashew, Soy, Coconut
- UNSWEETENED MILK ALTERNATIVES: Almond, Cashew, Coconut, Oat
- YOGURT: plain, unsweetened Greek yogurt
- Cheese
- Non-Dairy Cheese
- Creamer and Alternatives
- Eggs and Egg Whites

MEAT ALTERNATIVES

- Tofu
- Tempeh
- Seitan
- Plant-Based Meats

FROZEN FOODS

- Plant-Based Proteins
- Frozen Fruits and Vegetables
- Frozen Entrees
- Riced Cauliflower
- Frozen Pizza
- Frozen Waffles
- Ice Cream and Sorbet

BAKING

- Active Dry Yeast
- Arrowroot Powder
- Baking Soda / Powder
- Chocolate Chips
- Cornstarch
- Coconut Flakes
- Egg Replacer
- Pure Vanilla Extract
- Baking Mixes
- FLOUR: All-Purpose White Flour, Almond Flour, Whole Wheat Flour
- SWEETENERS: Agave, Coconut Sugar, Honey, Maple Syrup, Monk Fruit (with Erythritol), Molasses, Organic Cane Sugar, Stevia, Allulose, Swerve
- OILS: Avocado Oil and spray, Coconut Oil, Ghee, Olive Oil, Vegetable Oil

GRAINS

- Barley
- Quinoa
- RICE: Brown, White, Wild Rice
- TORTILLAS: Whole Grain, Corn
- Oats
- Cereal
- Granola
- Whole Grain Pasta
- Chickpea Pasta
- Mac and Cheese

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BEANS & LEGUMES

- Black Beans
- Cannellini Beans
- Garbanzo (Chickpeas)
- Lentils
- Kidney Beans
- Pinto Beans

CANNED/BOTTLED GOODS

- VINEGAR: Apple Cider, Balsamic, White, Red, Rice
- Vegetable broth / stock
- Coconut Milk
- Corn
- Tomatoes: Diced, Whole, Paste
- Pickles
- Olives
- NUT BUTTERS: Almond, Cashew, Peanut Butter
- Soups
- SAUCES & DRESSINGS: Coconut Aminos, Curry Paste, Tamari, Tahini, Hot Sauce, Fruit Preserves (Jams and Jellies), Pasta Sauce, Pesto, Salad Dressing
- CONDIMENTS: Barbeque Sauce, Ketchup, Mustard (Dijon, Yellow, etc.), Mayonnaise

BOOSTS

- Protein Powder

SEASONINGS & SPICES

- Nutritional Yeast
- Salt
- DRIED HERBS: Basil, Bay Leaves, Oregano, Rosemary, Thyme
- SPICES: Allspice, Black Pepper, Cayenne Pepper, Chili Powder, Ground Cinnamon, Ground Cumin, Curry, Garlic Powder, Paprika, Crushed Red Pepper, Turmeric
- SEASONINGS: Everything But The Bagel, Cajun Spice, Italian, Medi-terranean, Northern Lights, Island Breeze, Zing!, Everyday Seasoning

SNACKS

- Guacamole
- Hummus
- Salsa
- Corn Nuts
- Crackers
- CHIPS: Potato, Tortilla, Pita
- Popcorn
- Pretzels
- Rice Cakes
- Unsweetened Applesauce

BULK FOODS

- NUTS: Almonds, Walnuts, Cashews, Pecans, Peanuts,
- SEEDS: Chia, Hemp, Flax, Sesame, Sunflower, Pumpkin Seeds (Pepitas)
- DRIED FRUIT: Blueberries, Cranberries, Raisins, Cherries, Mango, Bananas, Goji Berries

NOURISH ELEMENTS



CHOOSE REAL FOOD

Discover whole, pure foods to support a healthy lifestyle.



CREATE HARMONY

Take time to slow down, find balance and eat well.



ADD A BOOST

Support a healthy body with a boost of extra nutrients.



EXPAND YOUR PALATE

Explore a wide assortment of fresh and wholesome tastes.



EAT THE RAINBOW

Give your body the nutrients it needs by eating a colorful variety of foods.

LABELS TO LOOK FOR



PLANT BASED

