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INFO SHEET: WFPB GROCERY BASICS

Resources

When you are new to a whole food, plant-based (WFPB) lifestyle, shopping for groceries may seem difficult, especially if some of the ingredients or products are unfamiliar. This info sheet outlines many common food products found in delicious WFPB recipes - most of which can be purchased at chain grocery stores. Remember to always check the ingredients and to choose those products with no added oil, salt or sugar.

Cereals/Grains

- Corn flakes (Erewhon brand)
- Shredded wheat cereal (Post and Barbara's Bakery brands)
- Arborio rice
- Barley
- Bulgur Wheat
- Brown rice: regular, basmati and jasmine
- Whole Wheat Couscous
- Farro
- Grits
- Oats: rolled and steel cut
- Quinoa: red and white
- Wild rice
- Whole grain pasta (spaghetti and penne)

Beans and Tofu/Tempeh

- Black, pinto, kidney, garbanzo, cannellini, great northern, lentils, split peas
- Organic tofu (silken, firm, extra firm) and tempeh

Canned Items

- All canned beans (low sodium, no oil or dairy)
 - Vegetarian refried beans
- Canned (low sodium and no oil): olives, artichoke hearts, green chilies, diced tomatoes, peppers, mushrooms, pickles
- Canned fruits: mandarin oranges, pears, cherries, pineapple

- Pumpkin puree
- Canned coconut milk (lite)

Nut and Seed Butters (no added oil, salt or sugar):

- Almond, peanut, walnut, cashew, tahini and hazelnut

Vinegars, Condiments, and Sauces (low sodium, low sugar and oil free):

- BBQ sauce
- Ketchup
- Marinara sauce
- Mustard: yellow, stone ground and dijon
- Relish
- Salsa
- Soy sauce/tamari
- Sriracha
- Lemon and lime juice
- Tomato paste
- Vinegars: balsamic, apple cider, red and white wine vinegar
- Vegan Worcestershire Sauce
- Miso paste

Spices and Herbs

- Spices: pepper (black, cayenne, red), garlic powder, ginger powder, curry powder, chipotle chili powder, garam masala, italian seasoning,



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paprika, mustard powder, old bay seasoning, nutmeg, ginger, cumin, ground cinnamon, turmeric

- Herbs: basil, oregano, thyme, parsley, rosemary, sage, dill

Baking/Cooking items

- Vanilla extract
- Sweeteners: agave, maple syrup, stevia, molasses, sucanat, medjool dates, raisins
- Applesauce
- Flax meal (ground flax seed)
- Flours: whole wheat pastry, buckwheat, brown rice, coconut
- Cornstarch
- Nutritional yeast flakes
- Vegetable stocks (low sodium)

Produce

- All fruits and vegetables (fresh and pre-cut)
- Don't forget the leaves! - great for smoothies, such as beets, radishes and celery

Frozen

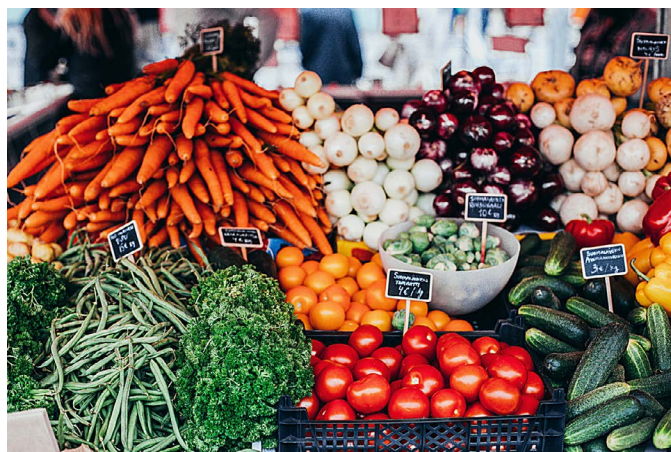
- Fruit: blueberries, raspberries, strawberries, blackberries, mango, pineapple, peaches, etc.
- Fruit sorbet + fruit popsicles (no sugar added)
- Vegetables: carrots, peas, corn, broccoli, cauliflower, spinach, kale, stir-fry veg mix, edamame, onions, peppers etc.

Beverages (no added sugar, dairy free):

- Plant-based milks: almond, soy, rice, cashew, etc.
- Iced tea
- Fruit juices

Prepared Foods (There are several sources of ready-to-eat WFPB oil-free meals):

- PlantPure Entrees
- Leafside
- MamaSezz
- Dr. McDougall's Right Foods
- Engine 2 Plant-Strong



PPC would like to thank PlantPure, Inc. for putting together a similar list of suggestions, which helped round out this Info Sheet.