

Grocery Guide



Carbs

Brown Rice
Rice Noodles
Sweet Potato
Quinoa

Vegetables

Broccoli
Cauliflower
Eggplant (Aubergine)
Kale
Mushrooms
Peppers
Spinach
Tomatoes
Zucchini (Courgette)

Fruits

Bananas
Frozen Berries
Mangos
Orange
Pears

Proteins

Tofu
Black Beans
Chickpeas
Peanut Butter

Fats

Avocado
Coconut Oil
Hummus
Nuts
Tahini

Dairy Substitutes

Almond Milk
Coconut Milk
Rice Milk

Sauces

Tomato Purée
Passata
Tamari or Soy Sauce

Sweeteners

Agave Nectar
Coconut Palm Sugar
Maple Syrup

Herbs & Spices

Black Pepper
Chili Powder
Cinnamon
Coriander
Cumin
Garlic Powder
Himalayan Pink Salt
Oregano
Parsley
Smoked Paprika

What is a plant-based diet?

A plant-based diet abstains from anything where an animal has been harmed and instead embraces a less synthetic lifestyle.