We’re all looking to include more vegetables into our diet right? Whether you’re vegan, vegetarian, or simply love practicing #MeatlessMonday, this plant-based grocery store road map will ensure you fill your cart with essentials needed to build meals with more plant protein and fruits and vegetables. Share this with consumers and clients who are interested in adding more plant-based foods to their diet.

### Plant-based sources of protein:
Contrary to popular belief, there are a lot of different options for getting protein on a plant-based diet.

**Soy Products**
- Edamame
- Tofu
- Tempeh

**Nuts and Seeds**
- Hemp seeds
- Brazil Nuts
- Cashews
- Chia
- Flaxseeds
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini
- Teff
- Quinoa
- Walnuts

### Grains:
Grains are fair game on a plant-based diet. Aim for whole-grain, and fiber rich options versus refined flours.

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Cornmeal
- Couscous
- Farro
- Freekeh
- Kamut
- Millet
- Oats and oat bran
- Orzo
- Rice (white and brown)
- Rye
- Sorghum
- Spelt
- Whole-wheat flour

### Fruits & Vegetables:
Aim to incorporate a wide variety of fruits and vegetables, which are the main staples of a plant-based diet.

- Apple
- Avocados
- Bananas
- Cantaloupe
- Cherries
- Figs
- Grapes
- Jackfruit (great as a meat swap too!)
- Mango
- Peaches
- Pears
- Pineapple
- Plums
- Watermelon
- Blueberries
- Blackberries
- Strawberries
- Raspberries
- Grapefruit
- Lemon
- Lime
- Orange
- Tangerine
- Acorn squash
- Artichoke hearts
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Mushrooms
- Onions
- Peppers
- Radish
- Spaghetti Squash
- Tomatoes
- Turnips
- Zucchini
- Arugula
- Bok choy
- Collard Greens
- Kale
- Romaine
- Spinach
- Swiss Chard
- Beets
- Butternut squash
- Corn
- Parsnips
- Pumpkin
- Sweet potato
- Yam
Plant-based oils:
- Hemp Oil
- Almond oil
- Avocado oil
- Canola oil
- Coconut oil
- Coconut butter
- Grapeseed oil
- Macadamia oil
- Olive oil
- Rice bran oil
- Sesame oil

Drinks:
Look to these options for non-dairy beverages to drink and use in recipes.

Note that some of these nut milks can have added sugar or sweeteners. Stick to the unsweetened varieties if possible.

- Almond milk
- Cashew milk
- Coconut milk
- Coconut water
- Club soda
- Kombucha
- Macadamia nut milk

Sweeteners:
- Agave nectar
- Beet sugar
- Brown rice syrup
- Coconut sugar
- Dates
- Date syrup
- Maple syrup
- Raw cane sugar
- Palm sugar
- Stevia

Other Staples:
Incorporate these foods for an extra boost of protein, vitamins, and gut health.

- Seaweed (for protein): kelp, spirulina, and agar agar
- Fermented foods (for dairy-free, gut-aiding bacteria): miso paste, natto, tempeh, kimchi, sauerkraut
- Sprouted foods (for zinc absorption): sprouted beans, nuts, lentils, rice, quinoa, and bread
- Nutritional yeast (for vitamin B12 and protein)