

FLEXITARIAN GROCERY LIST

Plant-Forward & Sustainable & Balanced

PRODUCE (FRUITS & VEG)

Leafy Greens (Kale, Spinach)

Cruciferous (Broccoli, Cauliflower)

Berries & Seasonal Fruit

Root Vegetables

Alliums (Garlic, Onions)

PLANT-BASED PROTEIN

Lentils (Red, Green, Beluga)

Chickpeas / Garbanzo Beans

Extra Firm Tofu / Tempeh

Black or Kidney Beans

Edamame

WHOLE GRAINS

Quinoa or Couscous

Brown Rice / Farro

Rolled Oats

Sprouted Grain Bread

HEALTHY FATS & PANTRY

Raw Nuts & Seeds

Avocado / Extra Virgin Olive Oil

Nut Butters

Nutritional Yeast

OCCASIONAL ANIMAL PROTEIN

Free-Range Eggs

Greek Yogurt / Skyr

Wild Caught Fish

Lean Poultry / Grass-fed Beef

FLAVOR & HERBS

Fresh Basil / Cilantro / Parsley

Lemons / Limes

Ginger / Turmeric Root

Fermented Foods (Kimchi/Miso)

Additional Notes: