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## Produce & Pantry Essentials

As you begin to make the lifestyle change to eating a whole food, plant-based vegan diet, you will need to re-evaluate your food choices and how you prepare food. This handy shopping list will help you “veganize” your refrigerator and pantry. The items asterisked (\*) are those that are alkalizing in the body.

When shopping, read the ingredient lists carefully and **try to buy locally grown, organic, non-GMO** products when possible. Check EWG.org for their [Shopper's Guide to Pesticides in Produce](https://www.ewg.org/shopping/guide/). Focus on whole foods, versus processed, to avoid added sugar, salt, chemicals and other additives.

Food Item	TIPS
<p><b>Fruits and Vegetables</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> All</li> <li><input type="checkbox"/> Canned tomato products</li> <li><input type="checkbox"/> Frozen peas and corn (non-GMO)</li> <li><input type="checkbox"/> Frozen edamame</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Opt for organic, locally-grown produce whenever possible.</li> <li><input type="checkbox"/> Grow your own fruits and veggies if you have a garden. Even a window sill with fresh herbs is fun and beneficial.</li> </ul>
<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Coffee</li> <li><input type="checkbox"/> Green tea* including Matcha</li> <li><input type="checkbox"/> Herbal tea*</li> <li><input type="checkbox"/> Hibiscus tea*</li> <li><input type="checkbox"/> Rooibos teas*</li> <li><input type="checkbox"/> Plant milks (almond*, oat and soy*)</li> <li><input type="checkbox"/> Tulsi tea*</li> <li><input type="checkbox"/> Turmeric &amp; ginger tea*</li> <li><input type="checkbox"/> Water* (plain, sparkling or with lemon)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Choose decaf and herbal teas if you are avoiding caffeine.</li> <li><input type="checkbox"/> Hibiscus and rooibos teas are naturally caffeine free and rich in antioxidants. Hibiscus tea is known for its ability to aid with digestion and both hibiscus and rooibos support healthy blood pressure.</li> <li><input type="checkbox"/> When purchasing plant milks, make sure to read the ingredients carefully. Some varieties include sugar and other additives.</li> <li><input type="checkbox"/> Adding lemon to your water increases its alkalinity as well as creates a great detoxifying and energizing drink.</li> <li><input type="checkbox"/> Drink filtered water if your tap water is not safe. Check with your local water supply company or <a href="https://www.ewg.org/tapwater/">www.ewg.org/tapwater/</a></li> </ul>
<p><b>Grains</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cornmeal / polenta</li> <li><input type="checkbox"/> Quinoa*</li> <li><input type="checkbox"/> Whole grains (<i>gluten-free</i>): buckwheat*, millet*, oats*, steel-cut oats, rice (arborio, basmati, black, brown, jasmine)</li> <li><input type="checkbox"/> Whole grains (<i>gluten based</i>)<sup>1</sup>: wheat, rye, barley</li> <li><input type="checkbox"/> Wild rice*</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Store grains in airtight containers in your pantry. It's fun to mix different kinds of rice when cooking to add variety and texture.</li> <li><input type="checkbox"/> Soaking grains overnight prior to cooking not only speeds the cooking time, but also eliminates the phytic acid that prevents the absorption of minerals (zinc, calcium, magnesium) and improves digestibility.</li> <li><input type="checkbox"/> Make sure to buy organic oats and most grown in the U.S. are contaminated with glyphosate.</li> </ul> <p><sup>1</sup> If you have celiac disease, a wheat allergy or gluten sensitivity, it is recommended to avoid all forms of gluten. The impact of gluten consumption on the health of individuals who do not have gluten issues is still under investigation. If you choose to include gluten in your diet, we recommend consuming 100% whole organic grains and avoiding wheat fillers found in processed foods.</p>
<p><b>Flours</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond*</li> <li><input type="checkbox"/> Buckwheat*</li> <li><input type="checkbox"/> Cassava</li> <li><input type="checkbox"/> Chickpea</li> <li><input type="checkbox"/> Fava bean*</li> <li><input type="checkbox"/> Kumat</li> <li><input type="checkbox"/> Sorghum</li> <li><input type="checkbox"/> Teff*</li> <li><input type="checkbox"/> Whole wheat (if not gluten sensitive)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If you don't use flour often, it is best to store in airtight containers in the refrigerator.</li> <li><input type="checkbox"/> Experiment by mixing flours in order to get the right consistency and flavor when baking.</li> <li><input type="checkbox"/> Buckwheat, chickpea, fava bean, and teff flours have strong flavors. We've found that teff's strong earthy flavor is a great compliment to chocolate and chickpea's strong bitter flavor is best used in savor dishes.</li> <li><input type="checkbox"/> Sourdough starter (biga) reduces the glucose and inflammation impacts of wheat bread, compared to regular yeasted bread.</li> </ul>



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<b>Pastas</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chickpea</li> <li><input type="checkbox"/> Mung bean</li> <li><input type="checkbox"/> Quinoa-brown rice</li> <li><input type="checkbox"/> Red lentil</li> <li><input type="checkbox"/> Wheat (if not gluten sensitive)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be careful when shopping as some pastas are made with egg.</li> <li><input type="checkbox"/> Chickpea pasta is a firm pasta that works great in soups and stews as it won't turn gummy or mushy.</li> <li><input type="checkbox"/> Quinoa-brown rice and mung bean pastas have a mild taste and mimics standard gluten-based pasta.</li> <li><input type="checkbox"/> Red lentil pasta is best eaten the same day it's cooked as it tends to dry out quickly when stored in the fridge.</li> </ul>
<b>Legumes</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Beans (black, pinto, kidney, red)</li> <li><input type="checkbox"/> Black-eyed peas</li> <li><input type="checkbox"/> Chickpeas/garbanzo beans*</li> <li><input type="checkbox"/> Lentils* (green, French (mini), red)</li> <li><input type="checkbox"/> Mung dal</li> <li><input type="checkbox"/> Split peas*</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Beans are very acidic. Soaking beans overnight in a strong concentration of lemon or lime water helps to lower their acidity and make them easier to digest. Also, to de-gas the beans, begin cooking by bringing to a fast boil for 10 minutes then turn off heat and let sit for 5-10 minutes. Rinse beans well before refilling the pot with water and continue cooking as usual. You can also add a bit of dried seaweed to the beans while cooking to improve digestibility.</li> </ul>
<b>Nuts (opt for organic, raw)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almonds*</li> <li><input type="checkbox"/> Brazil</li> <li><input type="checkbox"/> Cashews</li> <li><input type="checkbox"/> Pecans</li> <li><input type="checkbox"/> Pistachios</li> <li><input type="checkbox"/> Walnuts</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nuts are cheaper to purchase in bulk. Storing them in the freezer will extend their life.</li> </ul>
<b>Seeds</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chia*</li> <li><input type="checkbox"/> Flax*</li> <li><input type="checkbox"/> Hemp*</li> <li><input type="checkbox"/> Pumpkin* (raw)</li> <li><input type="checkbox"/> Sesame*</li> <li><input type="checkbox"/> Sunflower* (raw and roasted)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Seeds are also cheaper to purchase in bulk. Storing them in the freezer will extend their life, especially flax.</li> </ul>
<b>Herbs</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Basil*</li> <li><input type="checkbox"/> Cilantro*</li> <li><input type="checkbox"/> Dill*</li> <li><input type="checkbox"/> Mint*</li> <li><input type="checkbox"/> Oregano*</li> <li><input type="checkbox"/> Parsley*</li> <li><input type="checkbox"/> Rosemary*</li> <li><input type="checkbox"/> Sage*</li> <li><input type="checkbox"/> Thyme*</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> If possible, grow your own fresh, organic herbs.</li> </ul>
<b>Seasonings</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Garlic* (fresh and granular)</li> <li><input type="checkbox"/> Nutritional yeast</li> <li><input type="checkbox"/> Raw cocoa powder</li> <li><input type="checkbox"/> Salt (sea salt and some with iodine)</li> <li><input type="checkbox"/> Tamari, soy sauce, &amp;/or Braggs amino acids</li> <li><input type="checkbox"/> Various spices such as cumin* and chili powder, curry, etc.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fill your spice cabinet with the flavors you enjoy tasting. The spices we use more often are: basil, oregano, cumin, chili powder, garlic, curry, turmeric, saffron, cayenne pepper.</li> </ul>



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<p><b>Oils/Vinegars</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apple cider vinegar*</li> <li><input type="checkbox"/> Avocado oil*</li> <li><input type="checkbox"/> Balsamic vinegar</li> <li><input type="checkbox"/> Coconut oil* (cold pressed)</li> <li><input type="checkbox"/> Flaxseed oil*</li> <li><input type="checkbox"/> Grapeseed oil</li> <li><input type="checkbox"/> Hemp oil*</li> <li><input type="checkbox"/> Olive oil*</li> <li><input type="checkbox"/> Rice vinegar (unseasoned)</li> <li><input type="checkbox"/> Walnut oil</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> When purchasing vinegars, watch out for vinegars that have caramel coloring added. Store flaxseed and hemp oil in the refrigerator. For high heat frying, use coconut or avocado oil since it has a high flash point.</li> </ul>
<p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Date paste*</li> <li><input type="checkbox"/> Honey*</li> <li><input type="checkbox"/> Pure maple syrup</li> <li><input type="checkbox"/> Raw agave syrup</li> <li><input type="checkbox"/> Raw coconut sugar*</li> <li><input type="checkbox"/> Stevia leaf* (ground)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid using white processed sugar (i.e. cane sugar and brown sugar).</li> <li><input type="checkbox"/> To make date paste, in a small bowl add 1 cup of dates and 1/4 cup of water. Let sit for 15 min then put in blender or food processor. Blend until smooth. Store in airtight container in fridge for up to 2 weeks.</li> <li><input type="checkbox"/> When purchasing honey, opt for local, raw and make sure to read the ingredients carefully as some brands include caramel coloring and other additives.</li> </ul>
<p><b>Prepackaged Foods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond butter*</li> <li><input type="checkbox"/> Baking powder (aluminum-free and non-GMO if made with cornstarch)</li> <li><input type="checkbox"/> Baking soda (aluminum-free)</li> <li><input type="checkbox"/> Canned beans (preferably cook your own)</li> <li><input type="checkbox"/> Dark chocolate</li> <li><input type="checkbox"/> Dates*</li> <li><input type="checkbox"/> Miso paste</li> <li><input type="checkbox"/> Raisins</li> <li><input type="checkbox"/> Shredded coconut*</li> <li><input type="checkbox"/> Seaweed* (dulse, nori, kelp, etc.)</li> <li><input type="checkbox"/> Tahini*</li> <li><input type="checkbox"/> Tomatoes (stewed, diced &amp; paste)</li> <li><input type="checkbox"/> Vegetable broth</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Avoid prepackaged foods with added sugar and preservatives.</li> <li><input type="checkbox"/> When purchasing dark chocolate, read the ingredients carefully as many brands include milk and refined sugars. We enjoy eating Theo's 85% dark chocolate and Alter Eco's 95% dark chocolate mint.</li> </ul>