



Rochester Lifestyle Medicine Institute

PLANT-BASED SHOPPING LIST Organized by sections of the store.

Produce Section:

Try anything and aim for variety. Be sure to bring home lots of leafy greens.

—Storage: Cabbage and carrots last a long time (week or more) in the refrigerator. Store sweet potatoes, onions and garlic at room temperature, on the counter. Store potatoes in a dark pantry or drawer away from the light. Don't refrigerate tomatoes unless very ripe. Some fruit (bananas, apples, oranges) can be stored on the counter. Other produce items go in the fridge. Some produce items (bananas, peaches, pears, melons, avocados) may need to ripen at room temperature before eating or storing in fridge.

Bakery:

Look for items that are 100% whole grain w/ no eggs, dairy, whey or casein/caseinate.

Refrigerator case:

- ___ Tempeh, tofu, seitan
- ___ Miso (fermented soybean paste)
- ___ Vegan "dairy" items such as refrigerated plant milks, plant-based yogurt, etc.
- ___ Tortillas and other flatbreads
- ___ Some breads, e.g., Ezekiel and Alvarado St.

Freezer case:

- Frozen vegetables, especially peas, corn, and spinach which compare well with fresh
- Frozen fruits especially berries
- Some breads, e.g., Ezekiel and Alvarado St.

Canned and jarred goods:

- ___ Canned beans (Eden brand is expensive but has a healthier liner)
- ___ Canned vegetables (some are quite good, like canned corn)
- ___ Tomato products: canned tomatoes, tomato sauce, and tomato paste
- Canned artichokes (choose canned; the ones in the jar always have added oil)
- ___ Jarred roasted red peppers
- ___ Sun-dried tomatoes (oil-free variety comes in packets; California Sun Dry is one brand)
- ___ Nut butters and seed butters like tahini

___ Soups (canned, dried in tubs, prepared in aseptic packages) (but watch oil and sodium content)

Other shelf-stable goods:

- ___ Pasta
- ___ Grains such as brown rice and quinoa
- ___ Dried beans, lentils, and split peas
- ___ Vegetable stock in aseptic packages

Condiments

- ___ Ketchup, mustard, relish
- ___ Salsa
- ___ Soy sauce or Bragg's Aminos (latter is gluten free)
- ___ Vinegars, all kinds
- ___ Barbecue sauce
- ___ Hot sauce
- ___ Canned chipotle peppers in adobo (spicy!)
- ___ Hoisin sauce, curry paste, chutney, etc.
- ___ Miso (may be refrigerated or shelf-stable; Asian and/or natural food section)

Herbs and spices: small jars in baking aisle, or buy in bulk for better price and greater freshness/flavor

Bulk (most items in bulk can also be found prepackaged on the shelf; the product in bulk may be fresher and less expensive per unit)

- Grains
- ___ Oats (steel cut and regular rolled oats)
- ___ Dried Fruits
- ___ Nuts and seeds
- ___ Flaxseed

Health food store or section [sometimes can be also found in regular store or section]

- ___ Shelf-stable plant milks (in aseptic packages) (Westsoy Organic Unsweetened Plain Soymilk is just soybeans and water)
- ___ Nutritional yeast (available in bulk, or in bag or jar on the shelf under Bob's Red Mill, Bragg's or Red Star brands)
- ___ Flaxseed (bulk or Bob's Red Mill)
- Beans, grains, flour, produce—often the health food store carries these organic