Plant-powered shopping ideas

Get set for whole food plant-based eating with Doctors For Nutrition.
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LEGUMES

- Canned beans or lentils. e.g. chickpeas, cannellini beans, black beans, brown lentils
- Dried beans or lentils. e.g. chickpeas, red kidney beans

PANTRY

- Canned corn kernels
- Canned tomatoes
- Plant milk (almond/soy/oat, with added calcium*)
- Pasta sauce
- Seeds (chia, ground flax, pumpkin, sunflower)
- Nuts (walnuts, pecans, brazil nuts, almonds: raw, unsalted)
- Dried fruit (dates, apricots, cranberries)
- Dried sea vegetables e.g. nori/wakame/dulse
- Other shelf-stable whole foods of your choice

+ Those who closely follow a whole food plant-based eating pattern with plenty of low-oxalate greens may not require added calcium.

FRIDGE/FREEZER

- Frozen peas
- Frozen berries
- Frozen spinach/kale
- Frozen mixed vegetables
- Frozen edamame (young soy beans)
- Frozen sweet corn
- Tofu
- Tempeh

WHOLE GRAINS

- Rolled oats
- Buckwheat
- Brown/red/black rice
- Pasta (wholemeal, bean or lentil)
- Quinoa (technically a seed)
- Couscous (wholemeal wheat or spelt)
- Bread (wholegrain)
- Flat bread (wholegrain)
- Millet
- Barley

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FRESH VEGGIES

- Spinach/silverbeet/kale
- Lettuce (e.g. cos, rocket, radicchio)
- Broccoli
- Cauliflower
- Brussels sprouts
- Asparagus
- Cabbage (red, green, savoy)
- Beetroot
- Carrots
- Potatoes (white, red, purple)
- Sweet potatoes
- Garlic
- Onions
- Ginger
- Mushrooms
- Capsicum
- Eggplant
- Pumpkin
- Cucumber
- Tomatoes (officially a fruit!)
- Zucchini
- Sweet corn
- Celery
- Herbs (e.g. basil, parsley, mint, etc.)

+ Other fresh veggies and herbs of your choice: don't be afraid to try something new!

Tip:
Take care to avoid added salt, oil and sugar.

FRESH FRUIT

- Apples
- Apricots
- Bananas
- Berries (strawberries, raspberries, blueberries, etc.)
- Cherries
- Kiwifruit
- Mango
- Papaya
- Peaches
- Plums
- Figs
- Lemons/limes
- Oranges/ mandarins
- Pears
- Pineapple
- Watermelon/rockmelon/ honeydew melon

+ Other fresh fruit that catches your eye

CONDIMENTS

- Apple purée (unsweetened, baby food aisle)
- Balsamic vinegar
- Cocoa powder
- Molasses or maple syrup
- Nutritional yeast
- Nut butters (100% peanut/ almond/cashew butter)
- Tahini (100% sesame seeds)
- Sauerkraut
- Soy sauce or tamari
- Vegetable stock cubes or bouillon (low sodium)
- Whole grain mustard
- Spices (turmeric, cinnamon, cumin, oregano, paprika, etc.)

Doctors For Nutrition is an Australasian health promotion charity with a goal to revolutionise human health and wellbeing through plant-based diet shift.