



vegan shopping list

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Introduction

- This is a **PLANT-BASED DIET** shopping list from my personal experience as a vegan.
- This shopping list eliminates completely processed food, dairy, white sugar, meat, white flour, instead it focus only on **NATURAL, NOURISHING & FRESH** food!
- You are up to add or remove ANYTHING below – **LET YOUR CREATIVITY FLOWS!** When I decided to become vegan I had no idea from where I could start, so my biggest intention on this list is help you in your first very step.

good luck!

vegan shopping list

fruits

Papaya
Kiwi
Watermelon
Strawberries
Orange
Apple
Grapefruit
Pineapple
Mango
Acai
Lemon
Passionfruit
Coconut
Grapes
Berries
Pear
Peach
Avocado

vegetables

Spinach
Cauliflower
Broccoli
Tomatoes
Cucumbers
Red bell
Peppers
Zucchini
Red onions
Eggplant
Kale
Cabbage
Asparagus
Romaine lettuce
Mushroom
Celery,
Garlic
Asparagus
Lettuce

spices

Himalayan/sea salt
Cayenne
Turmeric
Tahini
Oregano
Basil
Paprika
Cinnamon
Cumin
chili powder
rosemary
ginger
cardamom
curry

seeds

Pumpkin seed
Chia seed
Sunflower seed
Hemp seed
Sesame seed

oils

Coconut oil
Extra virgin olive oil
canola oil
sesame seed oil
avocado oil

starchy

Sweet potatoes
Acorn squash
Beet
Yam
Potato
Pumpkin

legumes

Chickpeas
Black beans
Kidney beans
Lentils
Peanut
Green pea
Green beans

nuts

Almonds
Brazil nuts
Pecans
Walnuts
Cashews
Pistachios
Macadamia

sweeteners

coconut sugar
agave
maple syrup
demerara

General shopping tips

- *Buy from local farmers*

Besides supporting local families; you are going to pay fewer taxes for more delicious and fresh fruits/veggies! This is the best choice for you, your community growth and for the environment.

- *Prioritize organic food*

Buy organic food whenever possible or at least buy organic the group of veggies/fruit with most trace pesticides.

In case, you cannot do that, another good alternative is peeling the fruits and the vegetables (that can be peeled) even though on the peel there are a high content of vitamins and fibers. Also washing your vegetables and fruit with 2% of salt water will remove most of content of pesticide on their surface, according CSE.

- *Pick up small amounts frequently*

It will prevent you of throwing away your food, since some fruits and veggie cannot last longer. Plus, as soon as

the fruits and vegetables are harvest its nutritional rate declines with time.

• *Choose the seasonal food*

Search on internet which are the fruits and veggies from the season, and go buy it! Seasonal food is cheaper than the out of season food due its long shipping time to get on the supermarkets. Also it will be fresher and more nutritious than this last one.

• *Buy in bulk*

You can buy exactly the amount of your need without packing wasting and food wasting. It will be cheaper than if you were buying a similar package product with a fancy brand.

Plus, it allows you to have more connection with the food that will nourish your body afterwards – do questions to the vendor, search about it and feel the energy of the food while picking it up.

• *Bring your shopping list and stick it*

It seems simple, but it will prevent you of buying needless food, and save your money. If you have a list and

stick it, you will go directly to buy it, instead of wasting time trying to remember what you need while looking for it with no direction – and most of time forgetting half of the things and paying more!

• *Shopping later in the day*

You will get the best discounts an hour before the market closes. Generally, farmers and other vendors prefer giving discounts on your products instead of having to throw away it.

• *Real food doesn't have a label*

This is a simple quote that will help you to decide what is worth of spending your money – energy- when shopping, especially if you get in doubt between a food packed with ingredients that you can barely spell, and a fresh bright apple. Keep that in mind!

Choose veganism

Veganism is a **non-violent way of living** that seeks to refuse and exclude, as much as possible, any forms of exploitation - clothing, food, and entertainment- of animals.

For your health: a well-planned plant-based diet

provides you all the nutrients needed to remain your body health and strong. This will **keep your body alkaline** which is not the environment where disease cells proliferate.

Many researcher's has shown that a plant-based diet prevent you of cardiovascular disease, obesity, diabetes and the risk of cancer.

For the animals: The speciesism culture objectifies

animal's life as a tool to satisfy the human needs. Actually, animals are sentient beings with their own purposes on earth, and not an object in order to be exploited for human's sakes.

They have an inherent right of freedom and respect just like us. **A vegan diet will save hundreds of animal's life per**

year, and consequently will strengthen a culture based on non-violence and awareness towards animal's right.

For environment: the production of meat requires a vast land to raise and feed animals, being the **top one cause of the deforestation, habitat loss, species extinction.**

Also Livestock Farms are linked to water pollution of lakes, rivers, ponds and aquatic ecosystem.

For people: the animal feed production requires a large amount of lands, water and grains that could be used for feeding humans.

Avoiding animal's products is **a way of take a stand against the inefficient food system** which contributes to global poverty and hunger.

go vegan!