



EAT PLANTS FEEL WHOLE

SHOPPING LIST

The shopping list below includes all the ingredients from the recipes in this book. Happy cooking!

EPFW REFRIGERATOR

- | | | |
|---|---|--|
| <input type="checkbox"/> Almond milk | <input type="checkbox"/> Eggplant | <input type="checkbox"/> Pears, winter |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Grapes | <input type="checkbox"/> Peppers (green, red, yellow, jalapeño) |
| <input type="checkbox"/> Basil, fresh | <input type="checkbox"/> Green chili pepper | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Berries, fresh | <input type="checkbox"/> Kale | <input type="checkbox"/> Romaine lettuce |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Sage, fresh |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> Lemon juice | <input type="checkbox"/> Soy milk |
| <input type="checkbox"/> Cabbage, green and red | <input type="checkbox"/> Lime juice | <input type="checkbox"/> Spinach, baby |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Maple syrup | <input type="checkbox"/> Squash, winter (butternut, acorn, pumpkin, spaghetti) |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Squash, yellow summer |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Onions, green | <input type="checkbox"/> Sweet apples (Fuji, etc.) |
| <input type="checkbox"/> Cilantro leaves, fresh | <input type="checkbox"/> Orange juice, not from concentrate | <input type="checkbox"/> Thyme, fresh |
| <input type="checkbox"/> Coconut milk | <input type="checkbox"/> Oregano, fresh | <input type="checkbox"/> Tofu, firm |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Parsley, fresh | |
| <input type="checkbox"/> Dill weed, fresh | | |

EPFW FREEZER

- | | | |
|---|--|---|
| <input type="checkbox"/> Cauliflower rice | <input type="checkbox"/> Mango, frozen | <input type="checkbox"/> Pineapple, frozen |
| <input type="checkbox"/> Lima beans, frozen | <input type="checkbox"/> Peas, frozen | <input type="checkbox"/> Strawberries, frozen |

EPFW FRESH PANTRY

- | | | |
|--|---|-----------------------------------|
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Onion (yellow, white, red, purple) | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Garlic, fresh | | |
| <input type="checkbox"/> Ginger, fresh | <input type="checkbox"/> Potatoes | |

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EPFW PANTRY

- Active dry yeast
- Agar powder
- Agave syrup
- Almond butter
- Almond extract
- Almond flour or meal
- Almonds, sliced
- Applesauce, unsweetened
- Apricots, dried
- Arrowroot powder
- Baking powder, non-aluminum
- Baking soda
- Beans, canned or dried (garbanzo, chili, Great Northern, navy, black, cannellini)
- Bragg Liquid Aminos
- Brazil nuts
- Bread crumbs, whole grain
- Bread, whole wheat
- Cacao nibs
- Cashews
- Chia seeds
- Chili paste
- Citric acid
- Cocoa or carob powder
- Coconut extract
- Coconut flavoring
- Coconut, unsweetened
- Corn, canned
- Cornmeal
- Cornstarch
- Couscous, whole wheat
- Cranberries, dried
- Date pieces, dried
- Dates
- Flax meal
- Flour, barley
- Flour, corn
- Flour, garbanzo
- Flour, gluten-free
- Flour, tapioca
- Flour, unbleached white
- Flour, white whole wheat
- Flour, whole wheat
- Garlic paste
- Honey
- Lecithin granules
- Lentils
- Maple extract
- Nutritional yeast flakes
- Oats, quick
- Oats, regular
- Olives, canned
- Pasta, whole grain
- Pastry flour, whole wheat
- Peanut butter
- Peanuts, chopped
- Pearl barley
- Pecans
- Pineapple juice, unsweetened
- Pineapple, dried
- Quinoa
- Quinoa flakes
- Raisins
- Rice, brown
- Soy curls
- Soy sauce, low-sodium
- Sunflower seeds
- Tahini
- Tomato paste, purée, sauce
- Tomatoes, diced
- Vanilla
- Vegetable broth
- Vinegar
- Walnuts

EPFW SEASONINGS (SPICES AND DRIED HERBS)

- Basil, dried
- Bay leaves
- Beef-style seasoning
- Cayenne pepper
- Celery salt
- Chicken-style seasoning
- Chili powder
- Chipotle seasoning
- Cilantro
- Cinnamon, ground
- Coriander
- Cumin, ground
- Dill, dried
- Fennel seeds
- Flax seeds, ground
- Garlic granules
- Garlic powder
- Ginger, crystallized
- Ginger, powdered
- Italian seasoning
- Marjoram
- Mustard powder, dry
- Onion flakes
- Onion granules
- Onion powder
- Oregano, dried
- Paprika, regular and smoked*
- Parsley, dried
- Red pepper flakes
- Rosemary
- Sage, dried
- Salt
- Sesame seeds
- Sesame seeds, roasted
- Smoked paprika or Bacon Hickory Smoked Torula Yeast Seasoning
- Thyme, dried
- Turmeric

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