



Whole Food

PLANT BASED RECIPES & GROCERY LIST – checklist



PLANT BASED PROTEIN

1. Legumes:

- Lentils
- Chickpeas (Garbanzo beans)
- Black beans
- Kidney beans
- Pinto beans
- Soybeans

2. Whole Grains:

- Quinoa
- Brown rice
- Oats
- Barley
- Farro
- Millet
- Amaranth
- Buckwheat

NUTS, AND SEEDS

- Almonds
- Walnuts
- Cashews
- Pistachios
- Chia seeds
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

1. Soy Products:

- Tofu
- Tempeh
- Edamame

2. Pseudocereals:

- Quinoa
- Amaranth
- Buckwheat
- **Other Options:**
- Nutritional yeast
- Spirulina

FRUIT & VEGETABLES

• Fruits:

- Apples
- Bananas
- Oranges
- Grapes
- Strawberries
- Blueberries
- Raspberries
- Cherries
- Mangoes
- Pineapples
- Kiwis
- Peaches
- Plums
- Pears
- Watermelons
- Cantaloupe
- Lemons
- Limes

• Avocados

• Pomegranates

• Vegetables:

- Spinach
- Kale
- Lettuce
- Broccoli
- Cauliflower
- Brussels sprouts
- Carrots
- Sweet potatoes
- Potatoes
- Bell peppers
- (red, green, yellow, orange)
- Onions
- Garlic
- Tomatoes
- Cucumbers
- Zucchini
- Eggplant
- Mushrooms
- Asparagus
- Green beans
- Peas
- Celery
- Radishes
- Beets
- Cabbage
- Artichokes

PANTRY STAPLES

- Whole Grains:
- Quinoa
- Brown Rice
- Whole Oats (rolled or steel-cut)
- Barley
- Millet
- Buckwheat
- Whole Grain Pasta
- Legumes and Beans:
- Lentils (red, green, brown)
- Chickpeas (dried or canned)
- Black Beans
- Kidney Beans
- Pinto Beans
- Nuts and Seeds:
- Almonds
- Walnuts
- Chia Seeds
- Flaxseeds
- Hemp Seeds
- Pumpkin Seeds
- Sunflower Seeds
- Baking and Cooking Essentials:
- Whole Wheat Flour
- other whole grain flours
- Nutritional Yeast
- for a cheesy flavor)
- Baking Powder and Baking Soda
- Cocoa Powder (unsweetened)
- Oils and Vinegars:
- Extra Virgin Olive Oil
- Coconut Oil
- Balsamic Vinegar
- Apple Cider Vinegar

SPICES, AND HERBS

- Salt
- Black Pepper
- Garlic Powder
- Onion Powder
- Paprika (Sweet, Smoked)
- Chili Powder
- Cumin
- Oregano
- Basil
- Thyme
- Rosemary
- Bay Leaves
- Cinnamon
- Nutmeg
- Ginger
- Turmeric
- Red Pepper Flakes
- Curry Powder
- Italian Seasoning
- Dried Parsley
- Dill





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PANTRY STAPLES

• I. Grains & Starches:

• Grains:

- Rice (White, Brown, Basmati, Jasmine, Arborio, Wild Rice)
- Quinoa
- Oats (Rolled Oats, Steel-Cut Oats, Quick Oats)
- Pasta (Spaghetti, Penne, Rotini, Macaroni, etc. Consider whole wheat, gluten-free, or lentil-based options)
- Flour (All-Purpose, Whole Wheat, Bread Flour, Cake Flour, Almond Flour, Coconut Flour, Gluten-Free Blend)
- Cornmeal
- Couscous
- Polenta (Corn Grits)
- Barley
- Farro

• Starches:

- Cornstarch
- Tapioca Starch
- Potato Starch
- Arrowroot Powder

• II. Legumes & Beans:

- Dried Beans (Black Beans, Kidney Beans, Pinto Beans, Navy Beans, Cannellini Beans, Great Northern Beans, Chickpeas, Lentils, Split Peas)
- Canned Beans (Same as above, for convenience)
- Peanut Butter (or other nut butters)
- Hummus (shelf-stable versions)

• III. Canned Goods:

- Canned Tomatoes (Diced, Crushed, Whole Peeled, Tomato Paste, Tomato Sauce)
- Canned Vegetables (Green Beans, Corn, Peas, etc.)
- Canned Fruits (Peaches, Pears, Pineapple, etc. Choose those packed in their own juice or water)

- Canned Broth (Vegetable, Chicken, Beef)
- Coconut Milk

• IV. Cooking Oils & Fats:

- Olive Oil (Extra Virgin, Light)
- Coconut Oil
- Avocado Oil
- Sesame Oil
- Cooking Spray
- Sweeteners:

- Sugar (Granulated, Brown Sugar, Powdered Sugar)
- Honey
- Maple Syrup
- Agave Nectar
- Molasses
- Stevia (or other sugar substitutes)

• VI. Condiments & Sauces:

- Vinegar (White Vinegar, Apple Cider Vinegar, Balsamic Vinegar, Red Wine Vinegar)
- Soy Sauce (or Tamari for gluten-free)
- Mustard (Yellow, Dijon, Stone-Ground)
- Ketchup
- Mayonnaise (vegan mayo)
- Hot Sauce
- Worcestershire Sauce check ingredients for anchovies if vegan
- Salad Dressings
- Pasta Sauce (Marinara, Pesto)
- Salsa
- Relish
- Pickles

• VII. Spices & Herbs (Dried):

- Salt
- Black Pepper
- Garlic Powder
- Onion Powder
- Paprika (Sweet, Smoked)
- Chili Powder
- Cumin
- Oregano
- Basil
- Thyme
- Rosemary
- Bay Leaves
- Cinnamon
- Nutmeg
- Ginger
- Turmeric
- Red Pepper Flakes
- Curry Powder
- Italian Seasoning
- Dried Parsley
- Dill

• VIII. Baking Supplies:

- Baking Soda
- Baking Powder
- Yeast (Active Dry, Instant)
- Vanilla Extract
- Chocolate Chips
- Cocoa Powder
- Nuts & Seeds (Almonds, Walnuts, Pecans, Sunflower Seeds, Chia Seeds, Flax Seeds)
- Dried Fruit (Raisins, Cranberries, Apricots)

• IX. Beverages:

- Coffee
- Tea (Black, Green, Herbal)
- Juice (shelf-stable)

• X. Other:

- Popcorn Kernels
- Nutritional Yeast
- Vegetable Broth Cubes or Bouillon
- Dried Mushrooms
- Sun-dried Tomatoes
- Olives (canned or jarred)



Protein rich

PLANT BASED



Seitan:

Approximate Protein: 21-25 grams per 3.5 ounces (100g)
Notes: Made from wheat gluten, very high in protein but not suitable for those with gluten intolerance or celiac disease. Widely used as a meat substitute.



Tempeh:

Approximate Protein: 19-20 grams per 3.5 ounces (100g)
Notes: Fermented soybean cake. Denser and more flavorful than tofu. Provides protein and probiotics.



Tofu (Firm or Extra-Firm):

Approximate Protein: 17-20 grams per 3.5 ounces (100g)
Notes: Made from soybean curds. Versatile, absorbs flavors well. Protein content varies slightly depending on firmness.



Lentils (Cooked):

Approximate Protein: 18 grams per 1 cup (cooked)
Notes: Excellent source of protein and fiber. Red lentils cook faster than brown or green lentils.



Chia Seeds:

Approximate Protein: 5 grams per 2 tablespoons
Note: Good source of protein, fiber, and omega-3 fatty acids.



Hemp Seeds:

Approximate Protein: 10 grams per 3 tablespoons
Notes: A complete protein (containing all nine essential amino acids). Easy to add to smoothies, salads, or yogurt



Quinoa (Cooked):

* **Approximate Protein:** 8 grams per 1 cup (cooked)
* **Notes:** A complete protein. Versatile and can be used in salads, bowls, or as a side dish.



Nutritional Yeast:

* **Approximate Protein:** 8 grams per 1/4 cup
* **Notes:** Deactivated yeast with a cheesy flavor. Good source of B vitamins.



Edamame (Cooked, Shelled):

Approximate Protein: 18 grams per 1 cup



Green Peas (Cooked):

Approximate Protein: 8 grams per 1 cup



Black Beans (Cooked):

Approximate Protein: 15 grams per 1 cup (cooked)





Protein rich

PLANT BASED



Chickpeas (Cooked):

Approximate Protein: 15 grams per 1 cup (cooked)



Oats:

* Approximate Protein: 6 grams per 1/2 cup (dry)



Peanut Butter:

* Approximate Protein: 7 grams per 2 tablespoons



Navy Beans (Cooked)

Approximate Protein: 15 grams per 1 cup (cooked)



Kidney Beans (Cooked):

Approximate Protein: 13-15 grams per 1 cup (cooked)



Brazil Nuts:

Approximate Protein: 4 grams per 1 ounce (approximately 6 nuts)



Spirulina:

* Approximate Protein: 4g per 1 tablespoon



Amaranth (Cooked):

* Approximate Protein: 9 grams per 1 cup (cooked)



Almonds:

* Approximate Protein: 6 grams per 1/4 cup



Pistachios:

* Approximate Protein: 6 grams per 1 ounce (approximately 49 kernels)





Herbs and Spice

Regular/Daily"



Turmeric:

Key Compound: Curcumin

Potential Benefits: Powerful anti-inflammatory, antioxidant, may support brain health, may improve heart health.

How to Use: Add to curries, soups, stews, rice. Pair with black pepper to enhance curcumin absorption. (Curcumin absorption is aided by fats)

Try It: Golden milk (turmeric, ginger, plant-based milk, a touch of sweetener, and black pepper).



Garlic:

(Technically a vegetable, but often used as a spice)

Key Compound: Allicin (formed when garlic is crushed or chopped)

Potential Benefits: Immune-boosting, antibacterial, antiviral, may lower blood pressure, may improve cholesterol levels.

How to Use: Add to almost anything savory! Roasting it mellows out the flavor.

Try It: Garlic-infused olive oil (for drizzling on vegetables or pasta).



Ginger:

Key Compounds: Gingerol, Shogaol

Potential Benefits: Anti-inflammatory, anti-nausea, may improve digestion, may boost immune function.

How to Use: Add to stir-fries, soups, smoothies, teas.

Try It: Ginger tea (steep fresh ginger in hot water).



Cinnamon:

Key Compounds: Cinnamaldehyde

Potential Benefits: May help regulate blood sugar levels, anti-inflammatory, antioxidant, may improve brain function.

How to Use: Add to oatmeal, smoothies, baked goods, coffee or tea.

Try It: Sprinkle on sliced apples or pears.



Black Pepper:

Key Compound: Piperine

Potential Benefits: Enhances the absorption of other nutrients (especially curcumin), antioxidant, may improve digestion.

How to Use: Use freshly ground pepper liberally on almost any dish.

Important Note: Use with turmeric for increased Curcumin absorption.



Cayenne Pepper

(or other chili peppers):

Key Compound: Capsaicin

Potential Benefits: May boost metabolism, anti-inflammatory, may relieve pain.

How to Use: Add a pinch to soups, stews, or veggie dishes for a bit of heat.

Start small: Cayenne can be quite potent!



Rosemary:

Key Compounds: Rosmarinic acid, Carnosic acid

Potential Benefits: Antioxidant, may improve brain function, may protect against cancer.

How to Use: Add to roasted vegetables, soups, stews, or infused oils.

Try It: Rosemary-infused olive oil for drizzling on roasted potatoes or vegetables.





Herbs and Spice

Regular/Daily"



"Regular/Daily" Means Moderate:

Think of these as enhancements to your meals, not overwhelming additions. A little goes a long way with many spices.

Whole Form Preferred: Whenever possible, opt for whole herbs and spices (e.g., whole peppercorns instead of ground pepper). Grind them fresh for maximum flavor and potency.

Quality Matters: Choose organic herbs and spices whenever possible to minimize exposure to pesticides.

Individual Tolerance: Start slowly and pay attention to how your body responds. Some spices can have strong effects and might not be suitable for everyone in large quantities.

Synergy: Often, the combination of multiple herbs and spices can provide greater benefits than using just one in isolation.

List of Herbs and Spices (With their Potential Benefits):

Oregano:

Key Compounds: Carvacrol, Thymol

Potential Benefits: Antibacterial, antiviral, antioxidant, may boost immune function.

How to Use: Add to pasta sauces, pizzas, soups, stews, or roasted vegetables.

Try It: Sprinkle fresh oregano on salads



Thyme:

Key Compound: Thymol

Potential Benefits: Antibacterial, antiseptic, antioxidant, may boost immune function.

How to Use: Add to soups, stews, roasted vegetables, or meat substitutes.



Cumin:

Key Compounds: Cuminaldehyde

Potential Benefits: May aid digestion, antioxidant, may lower blood sugar.

How to Use: Add to curries, chili, soups, stews, or roasted vegetables.



Basil:

Key Compounds: Eugenol, Linalool

Potential Benefits: Anti-inflammatory, antioxidant, may relieve stress.

How to Use: Add to pesto, pasta sauces, salads, or sandwiches.

Try It: Fresh basil in smoothies.



Coriander (Cilantro):

Key Compounds: Linalool, Geranyl acetate

Potential Benefits: May help detoxify heavy metals, antioxidant, may aid digestion.

How to Use: Add to salsas, salads, tacos, or soups.





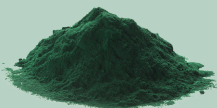
Iron

Plant based



Spirulina:

Approximate Iron: 8 mg per 2 tablespoons (14 grams)
Note: Blue-green algae, often added to smoothies.
Very nutrient-dense.



Soybeans (Cooked):

Approximate Iron: 8-9 mg per 1 cup (cooked)



Lentils (Cooked):

Approximate Iron: 6-7 mg per 1 cup (cooked)



Spinach (Cooked):

Approximate Iron: 6 mg per 1 cup (cooked)



Tofu (Firm):

Approximate Iron: 3-6 mg per 3.5 ounces (100g)
(depends on processing and firmness)



Kidney Beans (Cooked):

Approximate Iron: 4-5 mg per 1 cup (cooked)



Blackstrap Molasses:

Approximate Iron: 3.5 mg per 1 tablespoon
Note: A sweetener made from sugarcane processing.
Use in moderation



Dried Apricots:

Approximate Iron: 3 mg per 1/2 cup



Chickpeas (Cooked):

Approximate Iron: 3-4 mg per 1 cup (cooked)



Sesame Seeds:

Approximate Iron: 4 mg per 1/4 cup
Note: Includes tahini (sesame seed paste).



Pumpkin Seeds (Pepitas):

Approximate Iron: 2.5 mg per 1/4 cup



Quinoa (Cooked):

Approximate Iron: 1.5 mg per 1 cup (cooked)



Oats (Cooked):

Approximate Iron: 1 mg per 1/2 cup (dry)



Dark Chocolate (70-85% Cacao):

Approximate Iron: 2-3 mg per 1 ounce (28g)
Note: Choose dark chocolate in moderation as it has other health considerations (calories, sugar).





Herbs and Spice

Calcium plant based

The Key to Plant-Based Calcium:
Bioavailability



Calcium-Set Tofu:

Approximate Calcium: Up to 700 mg per 3.5 ounces (100g) – very high, but depends on the calcium salt used in the tofu-making process.

Bioavailability: Good. Calcium-set tofu is made with calcium sulfate or calcium chloride, which are readily absorbed. Look for "calcium sulfate" or "calcium chloride" on the ingredient list.



Fortified Orange Juice:

Approximate Calcium: 348 mg per 1 cup
Bioavailability: Varies

Figs (Dried):

Approximate Calcium: 54mg per 1 ounce (about 3-5 figs)

Fortified Plant-Based Milks:

Approximate Calcium: 300-450 mg per 1 cup (varies by brand)

Bioavailability: Good, often comparable to cow's milk, as they are often fortified with calcium carbonate or calcium phosphate.

Almonds:

Approximate Calcium: 75 mg per 1/4 cup
Bioavailability: Moderate.

Collard Greens (Cooked):

Approximate Calcium: 268 mg per 1 cup (cooked)
Bioavailability: Excellent (around 50%), higher than spinach.

Tahini (Sesame Seed Paste):

Approximate Calcium: 64 mg per 2 tablespoons
Bioavailability: Moderate.

Turnip Greens (Cooked):

Approximate Calcium: 200 mg per 1 cup (cooked)
Bioavailability: Good, similar to collard greens.

Chia Seeds:

Approximate Calcium: 179 mg per 2 tablespoons
Bioavailability: Less clear, but likely moderate.

Kale (Cooked):

Approximate Calcium: 179 mg per 1 cup (cooked)
Bioavailability: Good, though slightly lower than collard and turnip greens.

Blackstrap Molasses:

Approximate Calcium: 200mg per 2 tablespoons
Bioavailability: Varies.

Bok Choy (Cooked):

Approximate Calcium: 158 mg per 1 cup (cooked)
Bioavailability: Good, similar to kale.

Broccoli (Cooked):

Approximate Calcium: 62 mg per 1 cup (cooked)
Bioavailability: Good.

Understanding Calcium's Importance:

Calcium is essential for:

Bone Health: Building and maintaining strong bones and teeth.

Muscle Function: Muscle contraction and relaxation.

Nerve Function: Nerve transmission.

Blood Clotting: Proper blood clotting.