

Plant Powered Grocery Store Road Map

Manitoba Harvest Dietitian Kit

We're all looking to include more vegetables into our diet right? Whether you're vegan, vegetarian, or simply love practicing #MeatlessMonday, this plant-based grocery store road map will ensure you fill your cart with essentials needed to build meals with more plant protein and fruits and vegetables. Share this with consumers and clients who are interested in adding more plant-based foods to their diet.

Plant-based sources of protein:

Contrary to popular belief, there are a lot of different options for getting protein on a plant-based diet.

Soy Products

Edamame
Tofu
Tempeh

Nuts and Seeds

Hemp seeds
Almonds
Brazil Nuts
Cashews
Chia
Flaxseeds
Hazelnuts
Macadamia nuts
Pecans
Pine nuts
Pumpkin seeds
Sesame seeds
Sunflower seeds
Tahini
Teff
Quinoa
Walnuts

Grains:

Grains are fair game on a plant-based diet. Aim for whole-grain, and fiber rich options versus refined flours.

Amaranth
Barley
Buckwheat
Bulgar
Cornmeal
Couscous
Farro
Freekeh
Kamut
Millet
Oats and oat bran
Orzo
Rice (white and brown)
Rye
Sorghum
Spelt
Whole-wheat flour

Fruits & Vegetables:

Aim to incorporate a wide variety of fruits and vegetables, which are the main staples of a plant-based diet.

Apple
Avocados
Bananas
Cantaloupe
Cherries
Figs
Grapes
Jackfruit (great as a meat swap too!)
Mango
Peaches
Pears
Pineapple
Plums
Watermelon
Blueberries
Blackberries
Strawberries
Raspberries
Grapefruit
Lemon
Lime
Orange
Tangerine

Acorn squash
Artichoke hearts
Asparagus
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Mushrooms
Onions
Peppers
Radish
Spaghetti Squash
Tomatoes
Turnips
Zucchini
Arugula
Bok choy
Collard Greens
Kale
Romaine
Spinach
Swiss Chard
Beets
Butternut squash
Corn
Parsnips
Pumpkin
Sweet potato
Yam



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Plant-based oils:

Hemp Oil
Almond oil
Avocado oil
Canola oil
Coconut oil
Coconut butter
Grapeseed oil
Macadamia oil
Olive oil
Rice bran oil
Sesame oil

Sweeteners:

Agave nectar
Beet sugar
Brown rice syrup
Coconut sugar
Dates
Date syrup
Maple syrup
Raw cane sugar
Palm sugar
Stevia

Drinks:

Look to these options for non-dairy beverages to drink and use in recipes.

Note that some of these nut milks can have added sugar or sweeteners. Stick to the unsweetened varieties if possible.

Almond milk
Cashew milk
Coconut milk
Coconut water
Club soda
Kombucha
Macadamia nut milk

Other Staples:

Incorporate these foods for an extra boost of protein, vitamins, and gut health.

Seaweed (for protein): kelp, spirulina, and agar agar

Fermented foods (for dairy-free, gut-aiding bacteria): miso paste, natto, tempeh, kimchi, sauerkraut

Sprouted foods (for zinc absorption): sprouted beans, nuts, lentils, rice, quinoa, and bread

Nutritional yeast (for vitamin B12 and protein)

