



Trimazing! Vegan Lifestyle Coaching

Whole Food Plant-Based No-Oil Shopping List

Shopping for Whole Food Plant-Based No Oil is not difficult, it just might be a little bit of a change from what you are used to getting at the grocery store.

Vegetables (Fresh or Frozen)

Artichoke
Arugula
Asparagus
Avocados
Bamboo Shoots
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage, Chinese
Cabbage, Green
Cabbage, Napa
Cabbage, Red
Cabbage, Savoy
Carrots
Cauliflower
Celery
Chard
Chiles (canned green)
Collard Greens
Corn
Cucumber
Edamame (soybeans)
Eggplant
Fennel
Garlic
Ginger Root
Green Beans
Hearts of Palm
Jicama
Kale
Lettuce, Boston

Lettuce, Butter
Lettuce, Green Leaf
Lettuce, Iceberg
Lettuce, Romaine
Leeks
Mushrooms, Cremini
Mushrooms, Portobello
Mushrooms, Shiitake
Mushrooms, White
Mushrooms, Wild
Mustard Greens
Okra
Olives, Black
Olives, Green
Onions, Red
Onions, Sweet
Onions, White
Onions, Yellow
Parsley
Parsnip
Peas, English
Peas, Snow
Peas, Sugar Snap
Pepper, Green Bell
Pepper, Hot
Pepper, Jalapeno
Pepper, Orange Bell
Pepper, Red Bell
Pepper, Yellow Bell
Potatoes, Fingerling
Potatoes, Red
Potatoes, Russet
Potatoes, Sweet (orange, purple, or white)

Potatoes, Yukon Gold
Pumpkin
Radish
Radicchio
Rutabaga
Sauerkraut (fermented, not pickled)
Sea Vegetables (Nori, Wakame, Dulse, Kelp)
Scallions
Shallots
Spinach
Squash, summer (crook neck, patty pan, zucchini)
Squash, winter (acorn, butternut, kabocha, spaghetti, etc.)
Tomatoes, cherry
Tomatoes, sun-dried (dried, not in oil)
Turnips
Yams
Zucchini

Vegetables (Canned)

Artichoke Hearts (in water, not oil)
Chipotle Peppers in Adobo Sauce
Hearts of Palm
Jackfruit (in brine, not syrup)

Marinara Sauce (without oil, meat, or dairy)
Tomatoes, canned
Tomatoes, paste
Water Chestnuts

Fruit (Fresh or Frozen)

Apples
Apricots
Bananas
Blackberries
Blueberries
Cherries
Coconut
Cranberries (fresh or frozen)
Dates
Dried Fruits
Figs
Grapes
Kiwifruit
Lemons
Limes
Lychee
Mangoes
Melon: Cantaloupe, Honeydew, Watermelon, etc.
Nectarines
Oranges
Peaches
Pears
Persimmons
Pineapple
Plums
Pluots
Pomegranate
Rambutans
Raspberries
Strawberries

Tangerines
Watermelon

Fruit (Canned or Dried)

Applesauce (no added sugar)
Cranberries (dried with no oil or added sugar)
Currants
Dates
Raisins



Grains (100%)

Amaranth
Bread (Ezekiel, sprouted)
Barley (best whole rather than pearly)
Buckwheat
Bulgur
Cereal
Couscous (whole wheat)
Farro
Granola (no refined oil or added sugar)
Jobs Tears (Pearl Barley)
Kasha
Millet
Oats (Rolled, Steelcut, Irish, Pin, Whole)
Pasta (whole grain, egg-free)
Polenta
Quinoa
Rice (Basmati, Brown, Wild, Avoid from SE USA due to arsenic levels)
Taco shells (oil-free)
Teff
Tortillas/Wraps (oil-free, La Tortilla Factory or Three Sisters brands)
Wheatberries

Remember Carbohydrate Ratio when selecting packaged grain products (bread, cereal, etc.). Ratio of grams of carbohydrates to grams of fiber should be 5 or less.

Legumes/Beans

(Dried, canned, or frozen)

Black Beans
Black Eye Peas
Cannellini Beans (White Kidney)
Fava Beans
Garbanzo Beans (Chickpeas)
Great Northern Beans
Kidney Beans
Lentils (Beluga, Brown, Green, Le Puy, Red)
Lima Beans
Navy Beans
Pinto Beans
Scarlett Runner Beans
Soybeans
Split Peas (green, yellow)
Tempeh
Tofu

Nuts & Seeds

Almonds
Cashews
Chia Seeds
Flaxseeds
Hemp Seeds
Pecans
Pine Nuts
Pistachios
Pumpkin Seeds (Pepitas)
Sesame Seeds (Black, Brown, White)
Nut Butters (Almond, Cashew, Hazelnut)
Seed (Sesame, Sunflower) Butters
Sunflower Seeds
Tahini
Walnuts

Herbs/Spices

Allspice
Basil
Bay Leaves
Cardamom
Celery Seed
Chili Powder
Chipotle Powder
Cilantro
Cinnamon (Ground, Stick)
Cloves (Whole, ground)
Coriander
Cumin (Whole, ground)
Curry
Dill Weed
Fennel Seed
Furikake
Garam Masala
Garlic (Granules, Powder)
Ginger (Ground)
Kala Namak (Indian Black Salt)
Marjoram
Mint (Dried, Fresh)
Mustard Powder
Nutmeg
Nutritional Yeast
Onion Powder
Oregano
Paprika (Hot, Smoked, Sweet)
Parsley
Pepper (Black, Cayenne, Red, Red Flakes)
Rosemary
Sage
Savory
Salt (Iodized, Kosher, Sea)
Tarragon
Thyme
Turmeric

Condiments

Bragg's Liquid Aminos
Capers
Coconut Milk
Curry Paste (no seafood)
Horseradish (no egg, dairy, oil, or sugar)
Ketchup (no added sugar or oil)
Kimchee (no fish)
Liquid Smoke
Maple Syrup
Milk, Plant-based, no added oil or sugar (Almond, Cashew, Hemp, Oat, Rice, Soy)
Miso
Mustard (Dijon, yellow, no egg, dairy, or oil)
Pickles (Fermented)
Salsa
Sauerkraut (Fermented)
Soy Sauce
Tamari
Vinegar (Apple Cider, Balsamic, Black, Brown Rice, Champagne, Red Wine, Rice, etc.)
Wasabi
Worcestershire Sauce (make sure its vegan)

Baking Supplies

Agar Agar
Agave Nectar
Arrowroot Powder
Baking Powder (Aluminum-free)
Baking Soda
Cocoa Powder (or Cacao)
Coconut Nectar

Coconut Sugar
Cornmeal
Cornstarch
Date Sugar
Egg Replacer
Flour (Gluten-free, Brown
Rice, Whole wheat,
Whole wheat pastry)
Molasses
Potato Starch
Sugar (Coconut, Date)
Tapioca Starch
Vanilla (Bean, Pure
Extract)