



## 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)  
 Currents  
 Dates  
 Raisins

**2019**  
**DIRTY DOZEN**  
 AND  
**CLEAN FIFTEEN**

AS PRESENTED BY THE ENVIRONMENTAL WORKING GROUP  
 (HTTPS://WWW.EWG.ORG/FOODNEWS/FULL-LIST.PHP) TO  
 AVOID PESTICIDE RESIDUES ON YOUR PRODUCE.

<p><b>DIRTY DOZEN+</b>          BUY ORGANIC, IF POSSIBLE</p> <ol style="list-style-type: none"> <li>1. Strawberries</li> <li>2. Spinach</li> <li>3. Kale</li> <li>4. Nectarines</li> <li>5. Apples</li> <li>6. Grapes</li> <li>7. Peaches</li> <li>8. Cherries</li> <li>9. Pears</li> <li>10. Tomatoes</li> <li>11. Celery</li> <li>12. Potatoes</li> <li>13. Hot Peppers</li> </ol>	<p><b>CLEAN 15</b>          CONVENTIONAL OK</p> <ol style="list-style-type: none"> <li>1. Avocadoes</li> <li>2. Sweet Corn</li> <li>3. Pineapple</li> <li>4. Frozen Sweet Peas</li> <li>5. Onions</li> <li>6. Papayas</li> <li>7. Eggplant</li> <li>8. Asparagus</li> <li>9. Kiwi Fruits</li> <li>10. Cabbages</li> <li>11. Cauliflower</li> <li>12. Canteloupe</li> <li>13. Broccoli</li> <li>14. Mushrooms</li> <li>15. Honeydew Melon</li> </ol>
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**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, Steel-cut, 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)