

IT STARTS WITH FOOD

BY DALLAS & MELISSA HARTWIG

SHOPPING LIST

FOR VEGETARIANS AND VEGANS

Items in **green** are a best choice

View detailed recommendations for applying our healthy eating plan to your vegetarian diet in Chapter 21 of our book, *It Starts With Food*.

PROTEIN

- ☐ Eggs
 - Best: **pastured + organic**
 - Better: organic (omega-3 optional)
 - Good: store-bought
- ☐ Dairy
 - Best: **pastured + organic, full-fat, fermented (yogurt, kefir)**
 - Better: grass-fed, organic whey protein
 - Avoid:** all milk, cheese, factory-farmed dairy
- ☐ Legumes
 - Best: **organic tempeh, natto, edamame**
 - Better: organic tofu (extra-firm), lentils, various beans (properly prepared)
 - Good: hemp or pea protein powder
- ☐ **Avoid:** All refined soy products (TVP, soy protein, fake meat), all grains (even quinoa and seitan), and grain-based tempeh

VEGETABLES

- ☐ Acorn Squash
- ☐ Anise/Fennel Root
- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Beets
- ☐ Bell Peppers
- ☐ Bok Choy
- ☐ Broccoli/Broccolini
- ☐ Broccoli Rabe
- ☐ Brussels Sprouts
- ☐ Buttercup Squash
- ☐ Butternut Squash
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard
- ☐ Cucumber
- ☐ Delicata Squash
- ☐ Eggplant
- ☐ Garlic
- ☐ Green Beans
- ☐ Greens (beet, mustard, turnip)
- ☐ Jicama
- ☐ Kale
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce (bibb, butter, red)
- ☐ Mushrooms (all)
- ☐ Okra
- ☐ Onion/Shallots
- ☐ Parsnips
- ☐ Pumpkin
- ☐ Radish
- ☐ Rutabaga
- ☐ Rhubarb
- ☐ Snow/Sugar Snap Peas
- ☐ Spaghetti Squash
- ☐ Spinach
- ☐ Sprouts
- ☐ Summer Squash
- ☐ Sweet Potato/Yams
- ☐ Swiss Chard
- ☐ Tomato
- ☐ Turnip
- ☐ Watercress
- ☐ Zucchini

FRUIT

- ☐ Apples (all varieties)
- ☐ Apricots
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Dates/Figs
- ☐ Exotic Fruit (star fruit, quince)
- ☐ Grapefruit
- ☐ Grapes (green/red)
- ☐ Kiwi
- ☐ Lemon/Lime
- ☐ Mango
- ☐ Melon
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears (all varieties)
- ☐ Pineapple
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerines
- ☐ Watermelon
- ☐ **Limit:** Dried Fruit

FATS

- Best: **Cooking Fats**
 - ☐ Animal Fats*
 - ☐ Clarified Butter*
 - ☐ Ghee*
 - ☐ Coconut oil
 - ☐ Extra-Virgin Olive Oil
- Best: **Eating Fats**
 - ☐ Avocado
 - ☐ Cashews
 - ☐ Coconut Butter
 - ☐ Coconut Flakes
 - ☐ Coconut Milk (canned)
 - ☐ Macadamia Nuts
 - ☐ Macadamia Butter
 - ☐ Hazelnuts/Filberts
 - ☐ Olives (all)
- Occasional: Nuts & Seeds
 - ☐ Almonds
 - ☐ Almond Butter
 - ☐ Brazil Nuts
 - ☐ Pecans
 - ☐ Pistachio
- Limit:** Nuts & Seeds
 - ☐ Flax Seeds
 - ☐ Pine Nuts
 - ☐ Pumpkin Seeds/Pepitas
 - ☐ Sesame Seeds
 - ☐ Sesame Oil
 - ☐ Sunflower Seeds
 - ☐ Sunbutter
 - ☐ Walnuts

*Must be pastured or 100% grass-fed and organic.