



Our guide to shopping helps you select high-quality items that fit your family's budget.

## PRIORITY #1: PROTEIN

Choose a variety of plant-based protein sources that fit your budget and preferences. If possible, consider prioritizing non-GMO and organic versions.

### ✔ Legumes and lentils

Dried legumes and lentils are a cost-effective way to consume plant-based protein. Consider buying in bulk since properly stored lentils and legumes can last years. You can purchase sprouted legumes and lentils to aid digestion.

### ✔ Plant-based protein powder

Read labels, as most protein powders have non-compatible ingredients such as pseudocereals (like quinoa), sugar alternatives (like stevia) and/or sweeteners. Plant-based powder consumed in a smoothie form is meant to compliment meals, not replace them. Consider purchasing at least one unsweetened, plant-based protein powder that can be used in savory dishes such as soups and stews along with smoothies to more easily meet your protein requirements.

### ✔ Soy

Read the ingredients of pre-seasoned tofu as most contain non-compatible ingredients. When purchasing soy milk, make sure to choose an unsweetened option that doesn't have carrageenan.

## PRIORITY #2: PRODUCE

### ✔ Vegetables

Load up on veggies before heading to the fruit section. Go for local and seasonal whenever possible, as these are going to be the least expensive and most nutritious. Use the Environmental Working Group's "Clean Fifteen" and "Dirty Dozen" lists to help you determine whether to buy organic or not (<http://ewg.org>), or use this simple rule - if you peel it before eating (or don't eat the skin), organic isn't as important. Frozen vegetables can also be a budget-friendly option.

### ✔ Fruits

Buy what you can locally (and organically, if possible). If you can't get it locally then it's probably not in season, which means it's not as fresh, not as tasty, and more expensive. Frozen fruits (like berries) are inexpensive alternatives.

## PRIORITY #3: HEALTHY FATS

Healthy fats are the last stop in your shopping. Choose quality oils like extra virgin olive oil, avocado oil, nuts, and seeds.

### ✔ Bang for your buck

Some of the best sources of fat are also the least expensive. Canned coconut milk is usually inexpensive and provides a whopping 72 grams of fat per can! Avocados are a year-round option, and depending on your location, can be inexpensive.

### ✔ Stock up

Stock up. When there's a little extra room in your grocery budget, stock up on extra virgin olive oil, avocado oil, and a variety of nuts and seeds. These items are more expensive, but a little goes a long way and they will last quite a while.

### ✔ Prioritize high-protein nuts

When choosing nuts and seeds, opt for the higher protein options (almonds, peanuts, pistachios, pumpkin, sunflower and hemp seeds). Incorporate walnuts, chia seeds and almonds as they are better sources of plant-based calcium and omega-3, in addition to algae oil supplementation. You can purchase sprouted nuts and seeds to aid digestion.