



# YOUR PLANT-BASED GUIDE FOR SHOPPING AT PUBLIX

## PRODUCE SECTION

Fresh Fruits & Veggies  
 Aloe Vera Leaves  
 Fresh Cravings Organic Kickin' Queso Cashew Dip  
 Toufayan Bakeries Tandoori Flatbread, Garlic  
 Violife Cream 'Cheese'  
 Violife 'Cheese' Shreds & Slices  
 Greenwise Organic Tofu  
 Pitted Dates  
 Ginger  
 Organic Garlic  
 Lemon  
 Limes  
 Cashews  
 Walnuts  
 Carrots  
 Potatoes  
 Onion

## INTERNATIONAL

Coconut Milk  
 Brooklyn Delhi Tikka Masala  
 Grain-Free Siete Tortilla  
 Annie's Refried Black Beans

## INNER ISLES

Annie's Pancake Mix  
 Greenwise Maple Syrup  
 Saverne Organic Sauerkraut  
 Greenwise Unsweetened Apple Sauce

## GRAINS & LEGUMES

Lundberg Wild Rice or Sprouted Short-Grain Brown Rice  
 Greenwise Green Lentils  
 Greenwise Red Lentils  
 Barilla Red Lentil Pasta  
 Banza Chickpea Pasta  
 David's Killer Bread, Bagels & Hamburger Buns  
 Siete Tortillas (grain free)  
 Canned chickpeas  
 Siete Chips  
 Late July Lime Tortilla Chips

## SPICES & MARINADES

Nutritional Yeast  
 Everything Bagel Seasoning  
 Tamari (GF soy sauce)  
 Himalayan Salt  
 Annie's Worcestershire

## REFRIGERATED

Sweet Loren's Cookie Dough  
 Annie's Biscuits, Cinnamon Rolls & Crescent Rolls  
 So Delicious Yogurt  
 Tofutti Sour Cream  
 Califia Toasted Coconut Milk

## FROZEN

So Delicious Ice Cream  
 Ben & Jerry's - Vegan Cherry Garcia and Other  
 Gardein Breakfast Sausage, Italian Meatballs  
 Afia Falafel  
 So Delicious Coconut Whip

## SUPERFOOD SUPPLEMENTS

Goji Berries	Chia Seeds	Green Spirulina
Cacao Powder	Hemp Hearts	
Cacao Nibs	Flaxseed Meal	

