Changing the way that you eat is never easy, but a little basic planning will go a long way towards easing the transition to a healthier diet, and a healthier you.

Planning what you’re going to eat doesn’t have to be a hyper technical exercise. Except for specific medical requirements which are best discussed with your physician or a certified dietician, there are a few basic principles.

* It may seem that everyone that you meet has different personal ideas about diet, nutrition, and exercise, and in all likelihood, they probably do. Many people that you meet, could be family, could be friends, especially folks on the internet and social media, will feel the need to sound off on your diet plan or otherwise give you their hot take about what you’re doing. Some of these people may be competent and knowledgeable, but frequently you will encounter well-meaning but uninformed, underinformed, misinformed or (conversely) hateful people willing to dispense all sorts of health advice. Discuss your plans first and foremost with your doctor(s) and take the random advice people give you with a grain of salt
* Food should be healthful
* Food should look, smell and taste good
* Good food shouldn’t necessarily break the bank
* The way you eat should be personally sustainable. One reason may dieters fail is because the plans they adopt are overly restrictive. Diets like (in no particular order) various cleanses, paleo, keto, carnivore, raw vegan, may be a quick way to lose 10 or 15 pounds, but it begs two questions:
  + Is this really, actually good for me?
  + How long will I actually do this before quitting?
* Beyond nutrition, people relate to the food they eat with many different emotions. If you find that your diet is detracting from your overall happiness, this may be a topic you should address medically.

Instructions: For each class of items

1. Take any item off the list if you already have it
2. Take any item off the list if you know you are allergic to it
3. Take any item off the list if you will refuse to eat it
4. Note: there are more items on the list than you’re going to want to keep stocked at home, for reasons of both space and budget. When you adjust to this new way of eating you want to get a feel for how quickly you and your family will deplete an item, and how fast it typically spoils if uneaten. We recommend not purchasing huge amounts of food at once, especially in the beginning
5. Many of these items could be available in fresh, canned, frozen, etc. forms; use whatever is most appropriate for your lifestyle and budget

Grains

* Oats
* Rice (brown, Jasmin, Basmati, wild rice)
* Bulgur
* Quinoa
* Barley
* Millet
* Corn meal, corn starch
* Taro, arrowroot
* Grits
* Flours (many varieties)
* Pastas (many varieties)
* Breads (many varieties)
* Tortillas (corn, flour)

Substitutes

* Tofu (firm, silken)
* Tempeh
* Seitan
* Beyond Meat products
* Hummus
* Plant-based milks

Lipids

* Olive oil
* …
* …
* …
* …

Legumes

* Kidney beans
* Pinto beans
* Chickpeas, Garbanzos
* White beans (navy, cannellini, northern, etc.)
* Black beans
* Black eyed peas
* Green peas
* Split peas
* Edamame
* Lentils (red, green, brown, etc.)
* Peanuts
* Tree nuts

Vegetables

* Potatoes
* Sweet potatoes
* Tomatoes, tomatillos
* Carrots
* Radishes
* Artichokes
* Lettuce (Romaine, endive, butter head, iceberg, etc)
* Greens (spinach, collards)
* Cabbage (purple, green, Napa, bok choy, etc)
* Broccoli
* Cauliflower
* Brussels sprouts
* Sprouts (bean, alfalfa, etc)
* Leeks
* Peppers (bell peppers, jalapenos, many other varieties)
* Eggplants
* Avocados
* Squash (spaghetti, butternut, zucchini, pumpkins, many varieties available)
* Onions (purple, white, vedalia…)
* Green onions (chives)
* Mushrooms
* Corn
* Cilantro

Fruits

* Apples
* Pears
* Oranges
* Grapes
* Pineapple
* Nectarines
* Peaches
* Bananas
* Berries (blueberries, strawberries, blackberries, raspberries…)
* Kiwis
* Lemons & Limes
* Melons (cantaloupes, watermelons, honeydews…)

Condiments

* Vinegar (balsamic, apple cider, rice, red wine…)
* Bragg’s Aminos
* Soy sauce
* Tamari
* Tahini
* Ketchup,
* Mustard (several varieties)
* Syrups, molasses, sorghum
* Some Worcestershire sauces

Herbs and Spices

* (Smoked) paprika
* Allspice
* Basil (sweet, lemon, thai)
* Bay leaf
* Cacao
* Cardamom
* Cayenne
* Chili powder & flakes
* Cinnamon (alt. cassia)
* Cloves
* Coriander
* Cumin seed & powder
* Dill
* Fennel
* Garam masala
* Garlic powder
* Madras curry powder
* Marjoram
* Mustard seed & powder
* New Mexico Chiles (Hatch, Anaheim, Big Jim, Chimayo, Sandia…)
* Nutmeg
* Onion powder
* Oregano
* Parsley
* Poppy seeds
* Rosemary
* Sage
* Salt & pepper (many varieties of each)
* Tarragon
* Thyme
* Turmeric
* Vanilla
* Wasabi