

## Dr. Lipman's Shopping list for Low Calorie Vegan and Vegetarian Diet Plan

Fruits (5 per day):	apples, peaches, all berries, pears, oranges, grapefruit, tangerines, cantaloups, nectarines, (limes and lemons are free). Berries are 1/2 cup
Vegan High Protein Products:	Original Vegan Boca Burger, All-American Flame Grilled Boca Burger, Grilled Vegetable Boca Burger, Textured Vegetable Protein, Water-Packed Tofu, Silken Tofu, Tempeh, Seitan, Ener-G® Egg Replacer™, Vegg Vegan Egg Yolk
Vegan "meatless products"	<b>Impossible Burger, Beyond burger, Lightlife burger, Uncut Burger--all new, Impossible Burger at BK &amp; many restaurants</b>
Vegan Cheese	Daiya, Chao, Vegan Gourmet, Follow Your Heart, Galaxy Nutritional Foods (Veggie Slices), GO Veggie, Kite Hill, Tofutti, and Parma
Seasonings (unlimited):	lemon, garlic, thyme, parsley, plum vinegar, apple cider vinegar, sea salt, basil, pepper, balsamic vinegar, garlic salt
Vegetables (unlimited):	spinach, lettuce, cucumbers, cabbage, tomatoes, asparagus, onions, celery, broccoli, radishes, kale, Brussels sprouts, green beans, mushrooms, peppers, zucchini, cauliflower, dill pickles, bean sprouts, beets, squash, egg plant, bok choy, pumpkin
Beverages:	diet sodas, green tea, black tea, carbonated water, coffee, tea, crystal light, Diet V-8 Splash, Lactose free soy milk or Almond milk (unsweetened) permissible in small quantities, PowerAde Zero (like Gatorade® with no sugar)
Salad dressings:	Wishbone or Ken's low fat dressings, NO OLIVE OIL(too many calories)
Condiments and Additives:	Equal, Splenda, Stevia, Heinz reduced sugar Ketchup, soy, Tabasco, Picante, horseradish, PAM and other no calorie aerosol based cooking sprays, pickles, dill, no sweet, olives, sugar free salsa, soy mayonnaise
Noodles:	Vegetable rice, pasta, and potatoes made from Zucchini, Cauliflower and/or lentils; Miracle noodles, Shirataki noodles (usually found in the produce section of the supermarket since they must be kept cold)
Crackers (3 per day):	Melba toasts, Grissini breadsticks, Wasa, Finn, Gilda toasts, Flat-out Light wrap (a no sugar, no fat, high protein wrap), La Tortilla Factory Low Carb Wraps, a few low carb breads: 40 calories, 5 net carbs/slice
Snacks:	Soy Crisp Chips, Walden Farms Spreads, Sugar free popsicles, Hummus (watch the amount of olive oil--Weight Watchers has a low calorie, low olive oil recipe), vegetarian cheese, bars and shakes
Vegan shakes bars	Orgain, vega protein, NuGo, Larabar gluten free,
Vegan Yogurts (dairy free)	Almond dream, Amande, Nancy Organic, Silk, So Delicious, Wildwood, Stony Field
Vegan Ice Cream	So Delicious, Oatly, Luna & Larry's, Steves, Ben and Jerry's Vegan

### Sources for vegan low Calorie products

<https://www.richardlipmanmd.com/diet-plans/vegetarian-diet-plan-weight-loss/>

<https://www.richardlipmanmd.com/vegetarian-high-protein-shakes-and-bars/>

<https://www.richardlipmanmd.com/diet-plans/vegan-protein-sources/>

<https://www.richardlipmanmd.com/diet-plans/vegan-weight-loss-3-week-plan/>

<https://www.organicauthority.com/buzz-news/the-best-vegan-ice-cream-which-ones-to-try-and-which-to-skip>