

PLANT-CENTRIC DIET

Daily Food Group Guide

LEAFY GREENS

- Kale & Spinach
 - Swiss Chard
 - Arugula / Rocket
 - Collard Greens
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CRUCIFEROUS

- Broccoli & Cauliflower
 - Brussels Sprouts
 - Cabbage
 - Bok Choy
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LEGUMES & PULSES

- Lentils (Red, Green, Black)
 - Chickpeas
 - Black & Kidney Beans
 - Edamame / Tempeh
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WHOLE GRAINS

- Quinoa
 - Brown & Wild Rice
 - Steel Cut Oats
 - Buckwheat / Farro
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HEALTHY FATS

- Avocado
 - Walnuts & Almonds
 - Flax & Chia Seeds
 - Extra Virgin Olive Oil
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FRUITS & BERRIES

- Blueberries & Raspberries
 - Apples & Pears
 - Citrus Fruits
 - Seasonal Stone Fruits
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** Aim for a diverse variety of colors and textures daily.*