

# PLANT-FOCUSED EATING GUIDE

Daily Whole Foods Reference Chart

## Leafy Greens

- Spinach & Kale
- Arugula & Romaine
- Swiss Chard
- Collard Greens
- Microgreens

## Legumes & Pulses

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

## Whole Grains

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

## Cruciferous Vegetables

- Broccoli & Cauliflower
- Brussels Sprouts
- Cabbage (Red & White)
- Bok Choy
- Radishes

## Nuts & Seeds

- Chia & Flax Seeds
- Walnuts & Almonds
- Pumpkin Seeds (Pepitas)
- Hemp Hearts
- Tahini / Nut Butters

## **Fruits & Berries**

- Blueberries & Raspberries
- Apples & Pears
- Avocado
- Citrus Fruits
- Stone Fruits

*"Eat food. Not too much. Mostly plants." - Michael Pollan*