

VEGETARIAN FOOD GROUPS

Leafy Greens & Vegetables

- Spinach, Kale, & Chard
- Broccoli & Cauliflower
- Bell Peppers & Carrots
- Zucchini & Eggplant

Plant Proteins

- Lentils & Chickpeas
- Tofu, Tempeh, & Edamame
- Black, Kidney, & Pinto Beans
- Seitan (Wheat Gluten)

Whole Grains

- Quinoa & Brown Rice
- Oats & Barley
- Whole Wheat Bread & Pasta
- Buckwheat & Millet

Fruits

- Berries (Blue, Straw, Rasp)
- Apples & Pears
- Citrus (Oranges, Lemons)
- Bananas & Stone Fruits

Healthy Fats & Nuts

- Avocados
- Walnuts, Almonds, & Cashews
- Chia, Flax, & Hemp Seeds
- Extra Virgin Olive Oil

Dairy or Alternatives

- Greek Yogurt or Soy Yogurt
- Cottage Cheese or Ricotta
- Fortified Plant Milks
- Hard & Soft Cheeses

Daily Nutritional Guide Checklist – Maintain a balanced variety for optimal health.