

COMPLEX CARBOHYDRATES

Plant-Based Nutrition Guide

WHOLE GRAINS

- Quinoa (Organic White/Red)
 - Steel Cut Oats
 - Brown & Wild Rice
 - Buckwheat (Kasha)
 - Barley & Farro
 - Spelt & Millet
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LEGUMES & BEANS

- Lentils (Green, Red, Black)
 - Chickpeas (Garbanzo)
 - Black Beans
 - Kidney Beans
 - Adzuki Beans
 - Split Peas
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STARCHY VEGETABLES

- Sweet Potatoes / Yams
 - Butternut Squash
 - Pumpkin
 - Parsnips
 - Plantains
 - Corn (Non-GMO)
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ROOTS & TUBERS

- Beets
 - Carrots
 - Cassava (Yucca)
 - Taro Root
 - Jerusalem Artichokes
 - Rutabaga
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Focus on fiber-rich, slow-digesting whole foods for sustained energy.