



# PLANT FORWARD FOOD LIST

Unprocessed Food Tip: if your granma doesn't know what it is or how to cook it, don't eat it.



## EAT ALL THIS

- All the vegetables
- All the fruits
- Whole grains
- Nuts and seeds
- Beans and legumes
- Unprocessed or minimally processed soy: i.e edamame, tofu, temphe
- Healthy fats: avocado, olives, coconut, ghee
- Herbs and spices
- Drinks: Kombucha, herbal teas and filtered water

Essentially: anything without an ingredients list.

## MODERATE

- Protein powders: plant based and organic collagen
- Organic eggs and dairy
- Wild caught fish
- Lean & organic sources poultry
- Lean, organic and pasture raised pork and beef.
- Minimally processed pastas.
- Natural sweeteners: raw sugar, agave, molasses, honey, maple syrup, stevia
- Drinks: Wine, clear distilled spirits, soda water, coffee

Essentially: anything with real food listed in ingredients list.

## AVOID THESE

- Really cheap/irresponsibly raised & processed proteins
- Ultra processed snack foods: chips, cookies, candy
- Processed & sugary breakfast cereals
- Sugar free or low fat snacks
- Traditionally fried foods and most fast food
- Artificial sweeteners
- Don't Drink: sugary drinks, fruit juice, soda and traditioanl cocktails

Essentially: anything with multiple 4+ syllable words in the ingredients list.