

## Plant Based Foods

Fruits		Vegetables	Greens
Apples	Star Fruit	Acorn Squash	Arugula
Apricots	Strawberries	Artichoke	Beet Greens
Avocado	Tangerine	Asparagus	Bok Choy
Banana	Tomato	Beets	Brussel Sprouts
Blackberry	Watermelon	Broccoli	Cabbage
Blueberries		Butternut Squash	Carrot Tops
Cantaloupe		Carrots	Chard
Cherries		Cauliflower	Collard Greens
Clementine		Celery	Endive
Coconut		Chili Pepper	Kale
Cranberries		Chives	Lettuce
Dates		Corn	Mustard Greens
Figs		Cucumber	Parsley
Grapefruit		Eggplant	Spinach
Grapes		Fennel	Swiss Chard
Guava		Garlic	Turnip Greens
Honeydew		Green Pepper	
Jackfruit		Jalapeno	
Kiwi		Kohlrabi	
Kumquat		Leeks	
Lemon		Mushrooms	
Lime		Okra	
Loquat		Onion	
Lychee		Orange Pepper	
Mandarin		Parsnip	
Mango		*Potatoes	
Mulberries		Radish	
Nectarine		Red Cabbage	
Orange		Red Pepper	
Papaya		Shallots	
Passion Fruit		Spaghetti Squash	
Peach		*Sweet Potatoes	
Pear		Turnip	
Persimmon		Yellow Pepper	
Pineapple		Yellow Squash	
Plantain		Zucchini	
Plum			
Pomegranate			
Raspberries			
Sapote			

## Plant Based Foods

Grains	Beans, Legumes, Seeds, Nuts, Soy	Milks
Whole Wheat	Alfalfa Sprouts	Almond
Barley	Bean Sprouts	Soy
Oats	Black beans	Rice
Bulgar Wheat	Black-eyed peas	Coconut
Quinoa	Chickpeas	Cashew
Pasta	Green beans	Oat
GF Pasta	Kidney Beans	Hemp
Forbidden Rice	Lentils	
Brown Rice	Lima Beans	
Wild Rice	Butter Beans	
Freekeh	Mung Beans	
Farro	Navy Beans	
Couscous	Pinto Beans	
	Split peas	
	Soy beans	
	Peas	
	Tofu	
	Tempeh	
	Seitan	
	Sunflower Seeds	
	Pumpkin Seeds	
	Flaxseed	
	Walnuts	
	Cashews	