

leafy greens

kale
lettuce
arugula
spinach
bok choy

non-starchy vegetables

cucumbers
tomatoes
peppers
cabbage
Brussels sprouts
eggplant
zucchini
cauliflower
broccoli
asparagus
celery
leek
onions

fruit

apples
pears
kiwi
oranges
peaches
grapes
apricots
plums
mango
papaya
cherries
bananas
pineapple

50 | 50 PLATE

$\frac{1}{2}$

leafy greens,
non-starchy
vegetables,
mushrooms,
fruit & berries

$\frac{1}{2}$

beans
& legumes,
whole grains,
starchy
vegetables
& tubers

weight loss
focused
plant based
whole foods
mealplan

starchy vegetables & tubers

butternut squash
pumpkins
potatoes
sweet potatoes
beets
carrots
radishes

beans & legumes

beans (all types)
lentils (all types)
chickpeas
soybeans
peas

**pasta &
bread ***

berries

strawberries
blueberries
raspberries
blackberries
cranberries
melon
watermelon

mushrooms all types

whole grains

rice
quinoa
corn
oats
amaranth
buckwheat
wheat
millet

* Preferably made from whole grains
or legumes, for higher protein content.