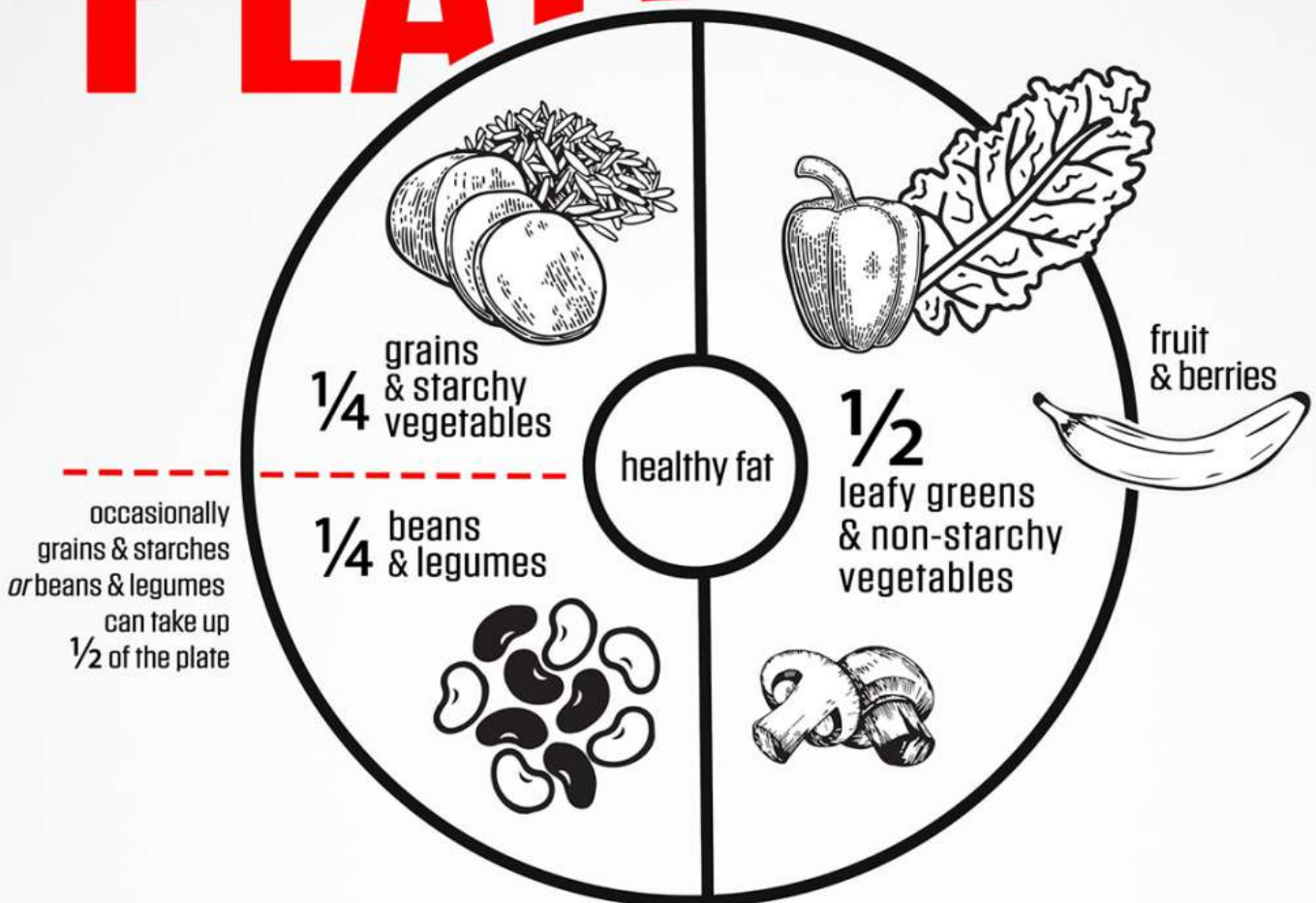


PLANT-BASED PLATE

- ☒ reach and maintain ideal weight;
- ☒ improve overall health;
- ☒ run on clean fuel.



grains & starches

oats
rice
potatoes
peas
quinoa
millet
amaranth
buckwheat
corn

occasionally:
bread
pasta

beans & legumes

black beans
kidney beans
navy beans
lima bean
pinto beans
black-eyed peas
split peas
chickpeas
lentils

all soy products:
soybeans, tofu, natto,
tempeh, edamame

greens & vegetables

kale, arugula, lettuce,
spinach, watercress,
bok choy, swiss chard,
collard greens, celery,
leek, fennel, green beans,
peppers, cucumbers,
radishes, tomatoes,
broccoli, cauliflower,
zucchini, eggplant,
squash, cabbage, onions,
garlic, brussels sprouts,
beets, carrots, asparagus,
mushrooms, seaweed

healthy fat

1oz (30g) nuts
2 tbsp seeds
1 tbsp nut butter
1 tbsp seed butter
1 tbsp cocoa powder
1 tbsp carob flour
1/4 avocado