

1/2 fruits or vegetables

bananas, oranges, berries, apples, grapes, figs, melons, kiwis, tomatoes, avocados

mushrooms, cauliflower, broccoli, brussels sprouts, leafy greens (kale, collard greens, spinach, bok choi...), carrots, butternut squash, pumpkin, sweet potato, peppers, beetroot

1/4 grains

quinoa, rice, oatmeal, bulgur, barley, millet, amaranth, buckwheat, whole grain bread or pasta

1/4 plant based protein

soy products (tofu, tempeh, edamame beans), seitan, all beans, lentils and peas, nuts, seeds

+ B12

+ Vitamin D

+ Calcium fortified products

+ Oils & Fats