

Whole Food Plant Rich Diet

Recommended Foods

***Vegetables-** 5-6 cups a day (cruciferous, greens) broccoli, cauliflower, brussels sprouts, kale, salad, cabbage, watercress, chard, arugula, radish, mushroom, onion, garlic, seaweed, avocado

WATER

Fruit- apples berries, oranges not canned

***Nuts-** almonds, walnuts unsalted

Basmati rice, jasmine rice (1-2 x week), butternut/acorn squash/sweet potatoes

Beans- pressure cooked, tempe, tofu

Eggs (Omega-3) Cheese- goat, sheep (feta)

Smash Fish- salmon, mackerel, anchovies, sardines, herring

Pastured raised chicken, Grass fed pasture raised meat-, no hormones, no cured or smoked meat

Dairy- organic A2 cows grass fed yogurt, cheese, goat cheese, sheep cheese

Olive oil, Kerry gold butter, coconut oil, avocado oil

Coffee, **green tea**

Fermented foods 1-2 forks- sauerkraut, (bubbies, superkraut), kimchi, kefir

Spices- **turmeric, rosemary**, ginger

Dark chocolate, cocoa almonds - dessert

Organic foods when possible especially wheat, corn, soy, meat, chicken, eggs

Prebiotics: garlic, onion, leek, Jerusalem artichoke, ginger

Food to avoid

Sugar, artificial sweeteners

ALCOHOL

Gatorade, **SODA**, lemonade, iced tea, fruit juice, beer

Corn, Pasta, couscous, instant oatmeal, white rice

Bread, bagels, crackers, flour, english muffins

Corn and blueberry muffins (cake!)

Cereal, rice krispies, cheerios, raisin bran, granola bars, sweetened granola

Cookies, cake, doughnuts, pancakes, waffles

Fast food, pizza, processed or lunch meats, hot pockets

French fries/potato chips, Instant potatoes

Sweetened yogurt (vanilla, fruit), yogurt drinks

Dried fruit, raisins

Milk, Non-dairy CREAMER!

Vegetable oils, seed oils

Other recommendations:

EXERCISE: weights and cardio- 20-60 min

SLEEP: 7-8 hours a night

STRESS REDUCTION: walking, yoga, meditation

Diet Suggestions:

Elimination 10 day detox trial:

- No gluten
- No dairy
- No sugar
- No vegetable oils
- No processed foods
- No pesticides
- No plastic
- No phthalates- make-up
- No chemical cleaning products
- No breakfast cereal

Superfoods:

- Cruciferous - Broccoli, Brussels sprouts, kale, cabbage, cauliflower, radish, arugula
- Leafy greens
- Garlic
- Olive oil
- Nuts
- Herbs and spices- turmeric, cinnamon, rosemary
- Green tea
- Berries
- Fatty fish- "SMASH"- salmon, mackerel, anchovies, sardines, herring
- Mushrooms

Hidden sugars:

- Salad dressing
- crackers
- cereal, granola, muesli, instant oatmeal
- cereal bars, granola bars
- nut milks, non dairy creamers
- coffee drinks
- muffins, scones
- yogurt
- smoothies
- alcohol mixers, tonic water
- fruit snacks/dried fruit
- peanut butter
- Sauces
- condiments (ketchup, BBQ, relish, teriyaki sauce, hoisin...)
- marinades
- sliced bread
- jerky
- flavored water, flavored drinks, sports drinks, iced tea
- gummy vitamins

Minimize **pesticides** and chemicals

- Especially glyphosate/round-up
- Use EWG.org website for information on most and least pesticides in food