

Items in blue are a best choice

View detailed recommendations for applying our healthy eating plan to your vegetarian diet in Chapter 21 of our book, [It Starts With Food](#).

protein

- ☐ Eggs
 - Best: **pastured + organic**
 - Better: organic (omega-3 optional)
 - Good: store-bought
- ☐ Dairy
 - Best: **pastured + organic, full-fat, fermented (yogurt, kefir)**
 - Better: grass-fed, organic whey protein
 - Avoid:** all milk, cheese, factory-farmed dairy
- ☐ Legumes
 - Best: **organic tempeh, natto, edamame**
 - Better: organic tofu (extra-firm), lentils, various beans (properly prepared)
 - Good: hemp or pea protein powder
- ☐ **Avoid:** All refined soy products (TVP, soy protein, fake meat), all grains (even quinoa and seitan), and grain-based tempeh

vegetables

- ☐ **Acorn Squash**
- ☐ Anise/Fennel Root
- ☐ Artichoke
- ☐ **Arugula**
- ☐ **Asparagus**
- ☐ **Beets**
- ☐ **Bell Peppers**
- ☐ **Bok Choy**
- ☐ **Broccoli/Broccolini**
- ☐ Broccoli Rabe
- ☐ **Brussels Sprouts**
- ☐ **Buttercup Squash**
- ☐ **Butternut Squash**
- ☐ **Cabbage**
- ☐ **Carrots**
- ☐ **Cauliflower**
- ☐ Celery
- ☐ **Collard**
- ☐ Cucumber
- ☐ **Delicata Squash**
- ☐ Eggplant
- ☐ **Garlic**
- ☐ Green Beans
- ☐ **Greens (beet, mustard, turnip)**
- ☐ Jicama
- ☐ **Kale**
- ☐ Kohlrabi
- ☐ **Leeks**
- ☐ **Lettuce (bibb, butter, red)**
- ☐ Mushrooms (all)
- ☐ Okra
- ☐ **Onion/Shallots**
- ☐ Parsnips
- ☐ Pumpkin
- ☐ Radish
- ☐ **Rutabaga**
- ☐ Rhubarb
- ☐ Snow/Sugar Snap Peas
- ☐ Spaghetti Squash
- ☐ **Spinach**
- ☐ Sprouts
- ☐ **Summer Squash**
- ☐ **Sweet Potato/Yams**
- ☐ **Swiss Chard**
- ☐ **Tomato**
- ☐ **Turnip**
- ☐ **Watercress**
- ☐ **Zucchini**

fruit

- ☐ Apples (all varieties)
- ☐ **Apricots**
- ☐ **Bananas**
- ☐ **Blackberries**
- ☐ **Blueberries**
- ☐ **Cherries**
- ☐ Dates/Figs
- ☐ Exotic Fruit (star fruit, quince)
- ☐ **Grapefruit**
- ☐ Grapes (green/red)
- ☐ **Kiwi**
- ☐ Lemon/Lime
- ☐ Mango
- ☐ **Melon**
- ☐ Nectarines
- ☐ Oranges
- ☐ Papaya
- ☐ Peaches
- ☐ Pears (all varieties)
- ☐ Pineapple
- ☐ **Plum**
- ☐ Pomegranate
- ☐ **Raspberries**
- ☐ **Strawberries**
- ☐ Tangerines
- ☐ Watermelon
- ☐ **Limit:** Dried Fruit

fats

- Best: **Cooking Fats**
 - ☐ Animal Fats*
 - ☐ Clarified Butter*
 - ☐ Ghee*
 - ☐ Coconut oil
 - ☐ Extra-Virgin Olive Oil
- Best: **Eating Fats**
 - ☐ Avocado
 - ☐ Cashews
 - ☐ Coconut Butter
 - ☐ Coconut Flakes
 - ☐ Coconut Milk (canned)
 - ☐ Macadamia Nuts
 - ☐ Macadamia Butter
 - ☐ Hazelnuts/Filberts
 - ☐ Olives (all)
- Occasional: Nuts & Seeds
 - ☐ Almonds
 - ☐ Almond Butter
 - ☐ Brazil Nuts
 - ☐ Pecans
 - ☐ Pistachio
- Limit:** Nuts & Seeds
 - ☐ Flax Seeds
 - ☐ Pine Nuts
 - ☐ Pumpkin Seeds/Pepitas
 - ☐ Sesame Seeds
 - ☐ Sesame Oil
 - ☐ Sunflower Seeds
 - ☐ Sunbutter
 - ☐ Walnuts

*Must be pastured or 100% grass-fed and organic.