**Whole Food Plant Based Diet**

GOOD FOODS:

* Fruits
* Vegetables
* Tubers
* Whole grains
* Legumes

Not allowed (90-100% of the time):

* Red meat, Chicken, Fish
* Dairy Products
* Eggs
* Highly refined foods like white flour, white bread/pasta, refined sugar
* Oils of any kind
* Processed foods/ meats

Resources: How not to Die book/cookbook, Forks Over Knives Facebook page, Forks Over Knives app and cookbook

Staple Food Products

1. Whole Wheat bread, Oatmeal, pasta, chickpea pasta, most vegetable pasta (check ingredients for oil and eggs)
2. Peanut Butter (check the ingredients for no oil)
3. Fresh Fruit (i.e. bananas, strawberries, raspberries) (Be careful reintroducing these into your diet as their sugar content could cause sugar spikes that your body is no longer accustomed to).
4. Veggies: Onions, Garlic, Bell Peppers, Carrots, Tomatoes, Zucchini, Squash etc.
5. Multiple types of beans and lentils (black, red, pinto, garbanzo, etc…)
6. Hummus (most likely made at home to avoid high oil contents)
7. Fats: Nuts, avocados, olives, etc.
8. Potatoes (preferably sweet potatoes, but normal are okay on this diet)
9. Quinoa, Brown Rice, Wild Rice, Etc.
10. Corn starch, coconut flour, corn flour (this is slightly processed so not too much)
11. Leafy Greens (all kinds and tons of them)

