



TOFU



TEMPEH



VEGETABLES



FRUIT



OILS & BUTTERS



COCONUT & OLIVES



NUTS & SEEDS

EAT FOUR MEALS A DAY, STARTING WITH A GOOD BREAKFAST

-  Base each meal around a plant-based protein source
-  Fill the rest of your plate with vegetables
-  Add a serving of fruit as you choose
-  Add plant-based fats to satiety
-  Make each meal large enough to satisfy you until the next meal. If you need to snack, make sure it includes at least two of the three macronutrients: protein, fat, and carbs, to improve satiety.

PLANT-BASED PROTEIN

Each meal contains at least 15 grams of plant-based protein. Serving suggestions include:

- **Cooked beans or lentils:** ½-1 cup
- **Whole or less processed soy** (tempeh, tofu, edamame): 4-6 oz
- **Compatible plant-based protein powder:** (1-2 scoops)
Can be mixed into soups, stews, curries, yogurt, chia pudding, or smoothies

PLANT-BASED FATS

Each meal should contain a minimum of 1 serving. Suggestions include:

- **All oils and cooking fats** (olive, avocado, coconut): 1-2 thumb-sized portions
- **All butters** (nut, seed): 1-2 thumb-sized portions
- **Coconut** (shredded or flakes): 1-2 open (heaping) handfuls
- **Olives:** 1-2 open (heaping) handfuls
- **Nuts and seeds:** 1 small handful
- **Avocado:** ½-1 avocado
- **Full-fat coconut milk:** Between ¼-½ of one (14 oz) can

COMPLEMENTARY PROTEINS

- You don't have to eat complete proteins with every meal, just eat a variety of protein sources throughout the day/week.
- The Plant-Based Whole30 framework offers several complete sources of protein, such as soy, peas, pea protein, hemp, and chia
- A common pairing to ensure a variety of amino acids include legumes + nuts or seeds.

DIGESTION TIPS

If you aren't used to eating legumes or lentils and notice gas or bloating after meals:



- Increase your intake gradually, starting with 1/4 cup and working to 1/2 cup
- Dry legumes/lentils: Soak for 4-16 hours to reduce substances that may cause bloating.
- Canned legumes/lentils: Rinse and drain before eating.
- Add cumin, fennel, ginger, or turmeric to meals or while cooking dried beans.