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.