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

- **Legumes**
  - Best: *organic tempeh, natto, edamame*
  - Better: organic tofu (extra-firm), lentils, various beans (properly prepared)
  - Good: hemp or pea protein powder

- **Dairy**
  - Best: *pastured + organic, full-fat, fermented (yogurt, kefir)*
  - Better: grass-fed, organic whey protein
  - *Avoid:* all milk, cheese, factory-farmed dairy

### 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)**

### 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**

### 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.