

YOUR PLANT-BASED WHOLE30 PREP PACK

TABLE OF CONTENTS

Hearty Vegan Chili.....	1
Mediterranean Tofu Scramble.....	2
Vegan “Meatballs” with Cranberry Sauce.....	3
Complete Plant-Based Whole30 Program Rules.....	4
Common Additives.....	8
Guide to Shopping.....	9
Meal Template.....	10
Plant-Based Protein Table.....	11
Shopping List.....	12

HEARTY VEGAN CHILI



SERVES 4 LARGE BOWLS
(26 grams protein per serving)

INGREDIENTS:

- 1 diced yellow onion
- 3 clove minced garlic
- 1 ½ cups Whole30 compatible vegetable broth
- 1 cup chopped carrots
- 1 pound chopped sweet potato
- 1 teaspoon cumin
- 4 Tablespoons ancho chili powder
- 2 teaspoons paprika
- 2 (15 ounce) cans diced tomatoes with liquid
- 2 (15 ounce) cans black beans, drained and rinsed
- 2 (15 ounce) cans kidney beans, drained and rinsed
- 2 avocados for topping



Recipe and photo by registered dietitian Rhyan Geiger

INSTRUCTIONS:

1. In a large pot on medium heat add onions and garlic and cook until translucent (about 2 minutes) Once translucent add in vegetable broth, carrots, sweet potato, cumin, ancho chili powder, paprika, tomatoes, black beans and kidney beans. Bring to a simmer and then cover and cook for 45 minutes to 1 hour or until carrots and sweet potatoes are tender.
2. Portion into bowls and top each portion with ½ avocado and enjoy.

MEDITERRANEAN TOFU SCRAMBLE

**SERVES 3****(15 grams protein per serving)****INGREDIENTS:**

- 1 (14 ounce) block tofu
- 1 tablespoon olive oil
- 1 clove minced garlic
- ¼ cup diced yellow onion
- 1 teaspoon turmeric
- 1 Tablespoon lemon juice
- 1 teaspoon cumin
- ¼ teaspoon black pepper
- ¼ cup nutritional yeast
- 6 ounces baby spinach
- 1 cup chopped black olives
- ½ cup chopped fresh basil leaves
- 1 cup cherry tomatoes

*Recipe and photo by registered dietitian Rhyann Geiger***INSTRUCTIONS:**

1. Drain water from the tofu and press for ~2 hours if you'd like. If you don't wish to spend the time pressing tofu, crumble the tofu into a large skillet with olive oil on high heat to cook off the additional moisture (15-20 minutes).
2. Once the water has been cooked off add the garlic, onions, turmeric, lemon juice, cumin, black pepper, and nutritional yeast. Stir in seasoning and cook for an additional 5 minutes.
3. Add in baby spinach and mix in until the leaves wilt. Adding the tofu onto spinach helps it cook. Once the spinach is cooked add in the black olives, fresh basil leaves and cherry tomatoes. Stir together and serve topped with chopped basil and sliced avocado.

PLANT-BASED WHOLE30 EXCLUSIVE RECIPE

VEGAN "MEATBALLS" WITH CRANBERRY SAUCE



 **MAKES 16 MEATBALLS**
(16 grams protein per serving)

INGREDIENTS:

"Meatballs"

- 1 Tablespoon ground flaxseeds
- 2 Tablespoons filtered water
- 1 (15 ounce) can of chickpeas drained and rinsed
- ¼ cup nutritional yeast
- ½ cup diced yellow onion
- ½ cup chopped walnuts
- ¼ cup hemp seeds
- 1 teaspoon miso paste
- 1 teaspoon Italian seasoning
- 2 Tablespoons coconut aminos
- 1 teaspoon paprika

Cranberry Sauce

- 3 cups fresh or frozen cranberries
- 1 cup fresh squeezed orange juice
- 1 Tablespoon fresh lemon juice
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- Butternut squash noodles for serving



Recipe and photo by registered dietitian Rhyann Geiger

INSTRUCTIONS:

1. Preheat the oven to 400F.
2. Combine together the ground flaxseeds and the water to make a flax egg. Set aside while it becomes gelatinous for about 5 minutes.
3. Add chickpeas, nutritional yeast, onion, walnuts, hemp seeds, miso paste, Italian seasoning, coconut aminos and flax egg into a blender. Pulse a few times until well combined.
4. Using a 2" scoop or spoon, scoop out the mixture and shape into balls. Place them onto a parchment lined baking sheet.
5. Cook at 400F for 15 to 20 minutes until the "meatballs" are golden in color.
6. While the meatballs are in the oven the sauce can be prepared. Using a medium-sized pan add cranberries, fresh squeezed orange juice, lemon juice, vanilla extract, and cinnamon. Cover the pot and let cook for about 15 minutes or until the cranberries begin to break down.
7. Remove "meatballs" from the oven and serve on top butternut squash noodles drizzled with cranberry sauce. Additional hemp seeds or walnuts can be added to the top.



RESOURCES: PLANT-BASED WHOLE30 PROGRAM RULES

The Plant-Based Whole30 program is laid out in two phases:

- 1 **30 DAYS** OF ELIMINATION
- 2 **6 (or more) DAYS** OF REINTRODUCTION

For the first 30 days, you'll be eating plant-based protein sources, lots of vegetables and fruit, and natural plant-based fats. The list of foods you'll eliminate may seem intimidating, but we have dozens of free recipes here to see you through – and it's only 30 days.

Below is a summary of the Plant-Based Whole30 elimination.

YES EAT REAL FOOD

Eat foods with a simple or recognizable list of ingredients, or no ingredients at all because they're whole and unprocessed.

- ✓ **Legumes, lentils and peas**
- ✓ **Whole or minimally processed forms of soy**
like edamame, miso, tofu, tempeh
- ✓ **Whole forms of plant-based protein powders**
like pea, hemp, pumpkin, or chia
- ✓ **Minimally processed plant-based meats**
- ✓ **Nuts and seeds**
- ✓ **Natural plant-based fats**
- ✓ **Vegetables and fruit**
- ✓ **Herbs, spices, and seasonings**

NO ELIMINATE FOR 30 DAYS

- ✗ **No animal protein.** This includes beef, bison, lamb, chicken, turkey, wild game, pork, fish, shellfish, or eggs, gelatin or collagen peptides sourced from marine or animal sources.
- ✗ **No animal fats.** This includes ghee, butter, or clarified butter, lard, tallow, suet, or schmaltz.
- ✗ **No highly processed forms of soy.** This includes soybean oil, textured soy protein, textured vegetable protein, soy protein isolate, or soy protein concentrate.
- ✗ **No added sugar, real or artificial.** This includes (but is not limited to) maple syrup, honey, agave nectar, coconut sugar, date syrup, monk fruit extract, stevia, Splenda, Equal, Nutrasweet, and xylitol. If there is added sugar in the ingredient list, it's out.
- ✗ **No alcohol, in any form, not even for cooking.** (And ideally, no tobacco products of any sort, either.)
- ✗ **No grains.** This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like quinoa, amaranth, and buckwheat. This also includes all the ways we add wheat, corn, and rice into our foods in the form of bran, germ, starch, and so on. Again, read your labels.
- ✗ **No animal-sourced dairy.** This includes cow, goat, or sheep's milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream, frozen yogurt, ghee, butter, or clarified butter.
- ✗ **No carrageenan or added sulfites.** If these ingredients appear in any form on the label, it's out for the Plant-Based Whole30.

NO ELIMINATE FOR 30 DAYS

✗ No recreating or purchasing baked goods, “foods with no brakes,” or treats with Plant-Based Whole30 compatible ingredients.* Recreating or buying sweets, treats, and foods-with-no-brakes (even if the ingredients are technically compatible) means you’ll come out of the program with the same exact habits, coping strategies, and food choices you had when you started—and that won’t lead to the kind of long-term, life-changing results we want for you.

✗ No stepping on the scale or taking any body measurements for 30 days. The Whole30 is about so much more than weight loss, and to focus only on body composition means you’ll overlook all of the other dramatic, lifelong benefits this plan has to offer. So no weighing yourself, analyzing body fat, or breaking out the tape measure during the 30-day elimination period. (You may take photos and/or measurements on Days 0 and 31, however.)

*Some specific foods that fall under the “Pancake Rule” include: pancakes, crepes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, alternative flour pizza crust or pastas, granola, cereal, “ice cream,” commercially-prepared chips (potato, tortilla, plantain, etc.), or deep-fried French fries. While this list of off-limit foods applies to everyone whether or not you like pancakes, you may decide to exclude additional foods that you already know promote cravings or mindless overconsumption, like RXBARs or almond butter. (See page 95 in The Whole30 for guidance.)

the fine print - These foods are exceptions to the rule, and are allowed during your Plant-Based Whole30.

✓ Fruit juice. Some products or recipes will include fruit juice as a stand-alone ingredient or natural sweetener, which is fine for the purposes of the Plant-Based Whole30. (We have to draw the line somewhere.)

✓ Vinegar and botanical extracts. Most vinegar (including white, red wine, balsamic, apple cider, and rice) and alcohol-based botanical extracts (like vanilla, lemon, or lavender) are allowed during your Plant-Based Whole30 program. (Just not malt-based vinegar or extracts, which will be clearly labeled as such, as they contain gluten.)

✓ Coconut aminos. All brands of coconut aminos (a brewed and naturally fermented soy sauce substitute) are acceptable, even if you see the words “coconut nectar” or “coconut syrup” in their ingredient list.

✓ Salt. Did you know that all iodized table salt contains sugar? Sugar (often in the form of dextrose) is chemically essential to keep the potassium iodide from oxidizing and being lost. Because all restaurants and pre-packaged foods contain salt, salt is an exception to our “no added sugar” rule.

✓ Rice found in fermented soy. Rice is often used for the fermentation and processing of certain forms of soy, such as miso and tempeh. In order to provide enough plant-based protein and include as many traditional and culturally significant foods during the Plant-Based Whole30, rice listed as an ingredient on miso and tempeh products is allowed.

REINTRODUCTION

Your Plant-Based Whole30 isn't over yet! Following the 30-day elimination, you'll enter phase two, a 6-day period (at least) of reintroduction. This is the fun part—where you get to bring back the food groups you've been missing one at a time, and compare your experience. This is where you learn the most about which foods may be having a negative impact on your energy, sleep, mood, cravings, digestion, and more, so be thorough here!

In this phase, you'll reintroduce one food group at a time, then go back to the elimination phase for two days to reset (in case you have a negative experience). You'll reintroduce food groups in order of least likely to be problematic to most likely. We have two reintroduction protocols outlined: one for those who don't wish to reintroduce any animal products, and one for those who might.

REINTRODUCTION SCHEDULE 1 (NO ANIMAL PRODUCTS)

- (OPTIONAL) Added sugar
- (OPTIONAL) Gluten-free alcohol
- Non-gluten grains
- Gluten-containing grains

Reintroduction is where you'll learn which foods do and don't work for you, and start to create your perfect Food Freedom plan going forward. See [our website](#) for more detailed reintroduction schedules and information.

REINTRODUCTION SCHEDULE 2 (WITH ANIMAL PRODUCTS)

- (OPTIONAL) Added sugar
- (OPTIONAL) Gluten-free alcohol
- Animal-based protein (poultry, beef, bison, lamb, chicken, turkey, wild game, pork, fish, shellfish, eggs)
- Non-gluten grains
- Animal-sourced dairy
- Gluten-containing grains

GIVE US THIRTY DAYS

Your only job during the Whole30 is to eat Whole30 foods. You don't need to track calories, count calories, restrict calories, or even think the word "calories." You don't have to purchase everything organic or non-GMO, it's okay if you snack, and not every meal needs to perfectly fit our meal template. Your only job is to stick to the Whole30 rules, 100% by the books, for 30 straight days.

The requirement to follow the program strictly is grounded in science, not diet culture. We call the Whole30 a "reset," but at its heart, the Whole30 is an elimination diet. Elimination diets have been around since the 1920's, and many doctors say they are still the gold standard for identifying food sensitivities—but only if you do them exactly as written. In order to accurately observe how your body responds in the absence of these potentially problematic foods, you have to completely eliminate them. One vegan cupcake, plate of pasta, or glass of beer within the 30-day period means you've short-circuited the healing process and the self-experiment. If you're sensitive to those foods, you may need to wait four or five days for those effects to diminish. And on the Whole30, it also means starting over again on Day 1.







We're asking you to commit to the full program, exactly as written, 100% for the full 30 days. Anything less and you won't experience the full benefits the Plant-Based Whole30 has to offer. Anything less and you are selling yourself—and your life-changing results—short.

IT'S ONLY 30 DAYS.



YOU CAN DO HARD THINGS

The Whole30 is famous for its tough love, but don't be nervous—it's heavy on the love. At this point, many of you want to take on this life-changing self-experiment, but aren't sure you can really do it. If you've spent your whole life dieting, those efforts have likely left you discouraged, and you're skeptical that the Whole30 really is different. It is, I promise. And also, you're going to have to do the work. Here are a few key mindset shifts I want you to make heading into your Whole30, so you can step into your own power, reclaim your confidence, and keep this promise to yourself.

-  This will be hard. There are so many roadblocks to changing the way you eat. For some, it's emotional ties to comfort foods. For others, it's time or budget concerns. For still others, it's missing culturally significant foods. I honor the tremendous efforts many of you will go through just to complete the Whole30. And still, you have done harder things in your life. Losing a parent is hard. Fighting cancer is hard. Birthing a baby is hard. The Whole30 may also be hard, but you are more powerful than you give yourself credit for, and I know you can do this too.
-  Don't self-sabotage. If you leave the program open to negotiation when you have a bad day or a special occasion, you are setting yourself up to fail. If you don't clean out your pantry, if you tell yourself "one glass won't matter," if you say "I'll try to do all 30 days," you are setting yourself up to fail. Language matters, and "I'll try" leaves you an out. Wake up each day and say, "I am Whole30, and I will keep this promise to myself."
-  Hold your boundaries. You never, ever, ever have to eat anything you don't want to eat. We're all grown-ups here, and someone else's feelings aren't as important as your physical and mental health. Practice saying, "No, thank you" or "I'm not drinking right now." Remember your "why" and come back to that when you're feeling pressured. Just because it's your sister's birthday, your best friend's wedding, or your company picnic does not mean you have to eat anything. Realizing the event is just as special and your participation just as meaningful without the wine or cake is a huge benefit of the program.
-  Changing your life requires effort. Grocery shopping, meal planning, dining out, socializing, and dealing with stress will all prove challenging at some point during your program. We'll give you all the tools, guidelines, and resources you'll need in our books, website, newsletters, and social media feeds, but you also have to take responsibility for your own program. The Whole30 will challenge you in ways you don't expect, which is exactly why the benefits will carry over into every area of your life. Remember that when things get hard.
-  This is the journey you have been preparing for. You want to do this. You need to do this. You're ready for it. And I know that you can do it. So stop thinking about it, and take the first step. Right now, this very minute, commit to the Whole30.
-  Then take a deep breath, because you've already begun. I'm so excited to welcome you into our community and witness your journey. Even if you're not 100% sure the Whole30 will be as transformational for you as it has been for so many, all I ask is that you give it 30 short days and trust the process. What we do here is that important. I believe in it that much. It changed my life, and I want it to change yours, too.



IN CONCLUSION...

I want you to have this experience. I want you to join our community, complete the program, and see amazing results in every area of your life. Even if you aren't convinced this will actually change your life, just give us 30 short days. You are that important, and we'll be with you every step of the way.

Welcome to the Plant-Based Whole30 Program.

⚠️ *Read every label carefully. Look at the ingredients and the allergy warning to see if the food contains anything off-limits.*

NO OFF-LIMITS FOR THE PROGRAM

- ❌ **Carrageenan**
Thickening, gelling, and stabilizing agent common in plant-based cheeses, yogurts, milk and meat alternatives.
- ❌ **Corn starch**
Grain-based thickening agent
- ❌ **Sulfites (sulfur dioxide, sodium bisulfite, potassium metabisulfite)**
Preservative common in dried fruit or canned coconut milk

YES ACCEPTABLE FOR THE PROGRAM

- ✅ **Acacia or agave inulin**
Soluble fiber, prebiotic source, common in milks or creamers.
- ✅ **Acetic acid**
Preservative or flavor enhancer in vinegar or pickled foods.
- ✅ **Alpha tocopherol (Vitamin E)**
Antioxidant, nutrient.
- ✅ **Ascorbic acid (Vitamin C)**
Antioxidant, nutrient, color stabilizer.
- ✅ **Beta-carotene**
Coloring agent, carotenoid (nutrient).
- ✅ **Calcium carbonate**
Used as an inexpensive calcium supplement in plant-based milks.
- ✅ **Calcium chloride**
Firming agent, salty flavoring in canned tomatoes or pickles.
- ✅ **Citric acid, sodium citrate**
Preservative or flavoring common in canned tomatoes.
- ✅ **Extracts**
Botanical or floral extracts (like vanilla) used as flavoring.
- ✅ **Ferrous gluconate**
A common color-preserving agent found in canned olives.
- ✅ **Gums (acacia, gellan, guar, locust bean, xanthan)**
Thickening and stabilizing agent common in milks or creamers.
- ✅ **Inulin (FOS) and oligosaccharides like IMO, GOS, XOS**
Soluble fiber, prebiotic source, common in beverages.
- ✅ **Lactic acid**
Produced by fermentating carbohydrates, often in kombucha.
- ✅ **Natural flavors**
Flavoring agent common in a wide variety of products.
- ✅ **Niacin (Vitamin B3)**
Nutrient.
- ✅ **Pectin (sodium pectinate)**
Gelling agent common in jams or jellies.
- ✅ **Potassium chloride**
Salt substitute.
- ✅ **Potato starch**
Thickening agent.
- ✅ **Riboflavin (Vitamin B2)**
Nutrient.
- ✅ **Salt (sodium chloride)**
Flavoring, preservative.
- ✅ **Sodium nitrite, sodium nitrate**
Preservative, coloring, or flavoring agent.
- ✅ **Sunflower lecithin**
An emulsifier found in plant-based milks, as an alternative to soy.
- ✅ **Zinc gluconate**
Popular form for the delivery of zinc as a dietary supplement.



Our guide to shopping helps you select high-quality items that fit your family's budget.

PRIORITY #1: PROTEIN

Choose a variety of plant-based protein sources that fit your budget and preferences. If possible, consider prioritizing non-GMO and organic versions.

✓ Legumes and lentils

Dried legumes and lentils are a cost-effective way to consume plant-based protein. Consider buying in bulk since properly stored lentils and legumes can last years. You can purchase sprouted legumes and lentils to aid digestion.

✓ Plant-based protein powder

Read labels, as most protein powders have non-compatible ingredients such as pseudocereals (like quinoa), sugar alternatives (like stevia) and/or sweeteners. Plant-based powder consumed in a smoothie form is meant to compliment meals, not replace them. Consider purchasing at least one unsweetened, plant-based protein powder that can be used in savory dishes such as soups and stews along with smoothies to more easily meet your protein requirements.

✓ Soy

Read the ingredients of pre-seasoned tofu as most contain non-compatible ingredients. When purchasing soy milk, make sure to choose an unsweetened option that doesn't have carrageenan.

PRIORITY #2: PRODUCE

✓ Vegetables

Load up on veggies before heading to the fruit section. Go for local and seasonal whenever possible, as these are going to be the least expensive and most nutritious. Use the Environmental Working Group's "Clean Fifteen" and "Dirty Dozen" lists to help you determine whether to buy organic or not (<http://ewg.org>), or use this simple rule - if you peel it before eating (or don't eat the skin), organic isn't as important. Frozen vegetables can also be a budget-friendly option.

✓ Fruits

Buy what you can locally (and organically, if possible). If you can't get it locally then it's probably not in season, which means it's not as fresh, not as tasty, and more expensive. Frozen fruits (like berries) are inexpensive alternatives.

PRIORITY #3: HEALTHY FATS

Healthy fats are the last stop in your shopping. Choose quality oils like extra virgin olive oil, avocado oil, nuts, and seeds.

✓ Bang for your buck

Some of the best sources of fat are also the least expensive. Canned coconut milk is usually inexpensive and provides a whopping 72 grams of fat per can! Avocados are a year-round option, and depending on your location, can be inexpensive.

✓ Stock up

Stock up. When there's a little extra room in your grocery budget, stock up on extra virgin olive oil, avocado oil, and a variety of nuts and seeds. These items are more expensive, but a little goes a long way and they will last quite a while.

✓ Prioritize high-protein nuts

When choosing nuts and seeds, opt for the higher protein options (almonds, peanuts, pistachios, pumpkin, sunflower and hemp seeds). Incorporate walnuts, chia seeds and almonds as they are better sources of plant-based calcium and omega-3, in addition to algae oil supplementation. You can purchase sprouted nuts and seeds to aid digestion.



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.

The RDA of protein is 0.8 g/kg (about 0.36 g/lb) of body weight per day. This equates to about 10-35% of daily calories coming from protein, or about 70 grams of protein per day for a 150 lb adult.

The lower end of this range may meet the nutrient needs for sedentary individuals; however it may not be adequate for athletes and individuals with higher protein needs. Active individuals typically require protein in amounts closer to 1.2-1.8 g/kg of body weight per day. Because plant-based proteins have a lower digestibility than animal protein, shooting for a minimum of 1 g/kg (0.45 g/lb) of body weight can better support satiety along with muscle and tissue maintenance and repair.

What does this mean? Aim for a minimum of 15 grams of protein from one or more protein sources (see Table 1) over the course of four meals to prioritize your protein needs. Sources that are highest in plant-based protein include: legumes, lentils, minimally processed meat alternatives, and unsweetened plant-based protein powder. Nuts and seeds (Table 2) provide additional protein to complement your main protein source(s).

PROTEIN SOURCE	SERVING SIZE	PROTEIN (IN GRAMS)
Lupini beans, cooked	1 cup	26
Edamame, cooked	1 cup	22
Tempeh	3 oz	18
Lentils, cooked	1 cup	18
Abbot's Butcher ground "beef"	½ cup	18
Split peas, cooked	1 cup	16
Abbot's Butcher "chorizo"	½ cup	15
Tofu, extra firm	5 oz	15
Beans, cooked (black, red kidney, white, pinto, navy, lima, chickpeas/garbanzo)	1 cup	14-15
Unsweetened plant protein-powder*	1-2 scoops	10-20 grams
Soy nuts	¼ cup	11
Green peas	1 cup	8

*Pea and pumpkin seed protein powders have the most protein per serving

NUTS & SEEDS	SERVING SIZE	PROTEIN (IN GRAMS)
Hemp seed butter	2 T	10
Hemp seeds	1 oz	9
Peanut butter	2 T	8
Sesame seed butter (tahini)	2 T	8
Peanuts	1 oz	7
Almond butter	2 T	7
Pumpkin seeds/pepitas	1 oz	7
Sunflower seed butter	2 T	7
Almonds	1 oz	6
Sunflower seeds	1 oz	6
Cashew butter	2 T	6
Sesame seeds	1 oz	6
Pistachios	1 oz	6
Cashews	1 oz	5

https://www.nal.usda.gov/sites/default/files/fnic_uploads/energy_full_report.pdf
<https://pubmed.ncbi.nlm.nih.gov/7550257/>

LEGUMES

- | | | | |
|--|---|--|--------------------------------|
| <input type="radio"/> Adzuki beans | <input type="radio"/> Lupini beans | LENTILS | SOY |
| <input type="radio"/> Black beans (turtle beans) | <input type="radio"/> Mung beans | <input type="radio"/> Bengal gram (<i>Chana Dal</i>) | <input type="radio"/> Edamame |
| <input type="radio"/> Black eyed beans (black eyed peas) | <input type="radio"/> Navy beans (haricot beans) | <input type="radio"/> Black (<i>Beluga</i>) | <input type="radio"/> Tempeh |
| <input type="radio"/> Chickpeas (garbanzo beans) | <input type="radio"/> Peas (English or garden peas) | <input type="radio"/> Black gram (<i>Urad Dal</i>) | <input type="radio"/> Tofu |
| <input type="radio"/> Cranberry beans | <input type="radio"/> Pinto beans | <input type="radio"/> Brown | <input type="radio"/> Soy nuts |
| <input type="radio"/> Fava beans (broad beans) | <input type="radio"/> Snow peas | <input type="radio"/> Green | <input type="radio"/> Miso |
| <input type="radio"/> Great northern beans | <input type="radio"/> Split peas | <input type="radio"/> Le Puy (<i>French green</i>) | |
| <input type="radio"/> Kidney beans | <input type="radio"/> Sugar snap peas | <input type="radio"/> Red (<i>Masoor Dal</i>) | |
| <input type="radio"/> Lima beans (butter beans) | <input type="radio"/> White kidney beans | <input type="radio"/> Split pigeon peas (<i>Toor Daal</i>) | |

OTHER PLANT-BASED PROTEINS

✓ *Best choice: look for words like “non-GMO” or “organic” on the label. Avoid protein powders with non-compatible ingredients like sweeteners (stevia, monk fruit, cane sugar, sucralose) or grains (like rice)*

- | | | |
|---|---|--|
| <input type="radio"/> Abbot's Butcher Ground “Beef” | <input type="radio"/> Nutiva Organic Hemp Seed Protein | <input type="radio"/> Hemp protein powder |
| <input type="radio"/> Abbot's Butcher “Chorizo” | | <input type="radio"/> Pea protein powder |
| <input type="radio"/> Big Mountain Foods Lion's Mane Mushroom Crumble | <input type="radio"/> Sprout Living Simple Protein (<i>Flax, Pea, Pumpkin, Sunflower, Watermelon</i>) | <input type="radio"/> Pumpkin seed protein powder |
| <input type="radio"/> Big Mountain Foods CauliCrumble Veggie Grounds | | <input type="radio"/> Sunflower seed protein powder |
| | | <input type="radio"/> Watermelon seed protein powder |

VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables but corn are Plant-Based Whole30 compatible.

- | | | | |
|---|--|---|--|
| <input type="radio"/> Acorn squash | <input type="radio"/> Cassava | <input type="radio"/> Jalapeño/hot peppers (all) | <input type="radio"/> Romaine |
| <input type="radio"/> Artichoke | <input type="radio"/> Cauliflower | <input type="radio"/> Jicama | <input type="radio"/> Rutabaga |
| <input type="radio"/> Arugula | <input type="radio"/> Celery | <input type="radio"/> Kale | <input type="radio"/> Sassafras |
| <input type="radio"/> Asparagus | <input type="radio"/> Chard | <input type="radio"/> Leeks | <input type="radio"/> Shallots |
| <input type="radio"/> Beets | <input type="radio"/> Chayote | <input type="radio"/> Lettuce (all) | <input type="radio"/> Snow/sugar snap peas |
| <input type="radio"/> Bell peppers | <input type="radio"/> Cucumber | <input type="radio"/> Mushrooms (all) | <input type="radio"/> Spaghetti squash |
| <input type="radio"/> Bok choy | <input type="radio"/> Delicata squash | <input type="radio"/> Nopal | <input type="radio"/> Spinach |
| <input type="radio"/> Broccoli rabe | <input type="radio"/> Eggplant | <input type="radio"/> Nori | <input type="radio"/> Sprouts |
| <input type="radio"/> Broccoli/broccolini | <input type="radio"/> Endive | <input type="radio"/> Okra | <input type="radio"/> Summer squash |
| <input type="radio"/> Brussels sprouts | <input type="radio"/> Fennel (anise) | <input type="radio"/> Onion | <input type="radio"/> Sweet potato/yams |
| <input type="radio"/> Buttercup squash | <input type="radio"/> Frisée (curly endive) | <input type="radio"/> Parsnips | <input type="radio"/> Swiss chard |
| <input type="radio"/> Butternut squash | <input type="radio"/> Garlic | <input type="radio"/> Peas (green, yellow, split) | <input type="radio"/> Tomato |
| <input type="radio"/> Cabbage | <input type="radio"/> Green beans | <input type="radio"/> Potatoes | <input type="radio"/> Turnip |
| <input type="radio"/> Calabaza | <input type="radio"/> Greens (beet, collard, dandelion, mustard, turnip, etc.) | <input type="radio"/> Pumpkin | <input type="radio"/> Zucchini |
| <input type="radio"/> Callaloo | <input type="radio"/> Hearts of palm | <input type="radio"/> Radish | |
| <input type="radio"/> Carrots | | <input type="radio"/> Rhubarb | |

FRUIT

This is a comprehensive but not exhaustive list. All fruit is Plant-Based Whole30 compatible.

- | | | | |
|------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|
| <input type="radio"/> Apples (all) | <input type="radio"/> Figs | <input type="radio"/> Nectarines | <input type="radio"/> Plum |
| <input type="radio"/> Apricots | <input type="radio"/> Grapefruit | <input type="radio"/> Oranges (all) | <input type="radio"/> Pomegranate |
| <input type="radio"/> Bananas | <input type="radio"/> Grapes (all) | <input type="radio"/> Papaya | <input type="radio"/> Raspberries |
| <input type="radio"/> Blackberries | <input type="radio"/> Kiwi | <input type="radio"/> Pawpaw | <input type="radio"/> Salmonberries |
| <input type="radio"/> Blueberries | <input type="radio"/> Kumquat | <input type="radio"/> Peaches | <input type="radio"/> Strawberries |
| <input type="radio"/> Cherries | <input type="radio"/> Lemon | <input type="radio"/> Pears (all) | <input type="radio"/> Tangerines |
| <input type="radio"/> Cranberries | <input type="radio"/> Lime | <input type="radio"/> Persimmons | <input type="radio"/> Watermelon |
| <input type="radio"/> Dates | <input type="radio"/> Mango | <input type="radio"/> Pineapple | <input type="radio"/> Xoconostle |
| <input type="radio"/> Elderberries | <input type="radio"/> Melon | <input type="radio"/> Plantains | |

FATS

COOKING FAT

- Avocado oil
- Coconut cream
- Coconut milk
- Coconut oil
- Extra-virgin olive oil
- Nutiva plant-based ghee
- Palm oil

EATING/DRESSING

- Avocado
- Coconut butter
- Coconut (flakes, shredded)
- Coconut milk (canned)
- Light olive oil
- Olives
- Sesame oil

NUTS & SEEDS

- Acorns
- Almonds*
- Almond butter*
- Brazil nuts
- Cashews*
- Cashew butter*
- Chia seeds*
- Flaxseeds*
- Hazelnuts/filberts
- Hemp seeds*
- Hemp seed butter*
- Macadamia nuts
- Macadamia butter
- Peanuts*
- Peanut butter*
- Pecans
- Pecan butter
- Pili nuts
- Pine nuts
- Pistachios*
- Pumpkin seeds/pepitas*
- Sesame seeds*
- Sesame seed butter* (tahini)
- Sunflower seeds*
- Sunflower seed butter*
- Walnuts

**These nuts and seeds offer the best sources of protein.*

HERBS & SPICES

- Allspice
- Basil
- Bay leaves
- Black pepper
- Black peppercorns
- Cayenne
- Chili powder
- Chipotle powder
- Chives
- Cilantro
- Cinnamon
- Cloves (ground)
- Coriander
- Cumin
- Curry powder (red/yellow)
- Dill
- Garlic powder
- Ginger
- Ground cloves
- Lemongrass
- Mustard powder
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper flakes
- Rosemary
- Sage
- Salt (iodized/sea salt)
- Tajín
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi powder

PANTRY

- Almond flour
- Apple cider vinegar
- Arrowroot powder
- Balsamic vinegar
- Beet kvass
- Black garlic
- Black salt (kala namak)
- Canned butternut squash
- Canned olives
- Canned pumpkin
- Canned sweet potato
- Capers
- Cocoa (100% cacao)
- Coconut aminos
- Coconut flour
- Dried cranberries
- Dried fruit
- Hot sauce
- Kimchi
- Mustard
- Nutritional yeast
- Orange blossom water
- Pickles
- Preserved lemons
- Raisins
- Sauerkraut
- Seaweed/nori
- Red wine vinegar
- Rice vinegar
- Roasted red peppers
- Tapioca starch
- Tomato paste
- Tomatoes (diced/crushed)
- Tomatoes (sun-dried)
- Vegetable broth
- White vinegar

DRINKS

- Apple cider
- Cacao (100%) drinks
- Club soda
- Coconut water
- Coffee
- Fruit juice
- Kombucha
- Mineral water
- Naturally flavored water
- Seltzer water
- Sparkling water
- Tea
- Vegetable juice

PLANT-BASED DAIRY & FRIDGE

- Unsweetened milk (soy, coconut, nut)
- Unsweetened yogurt (soy, coconut, nut)
- Compatible hummus
- Compatible dairy-free cheese (cream cheese, sour cream, ricotta)
- Compatible dips (cashew queso, black bean)
- Compatible condiments (vegan ranch, vegan mayo)