

Table 1

Category	Suggestions	Serving Size Examples	Daily Checkboxes
Beans	black beans, black-eyed peas, butter beans, cannellini, chickpeas (garbanzo), edamame, English peas, great northern, kidney, lentils (beluga, French, red), miso, navy, pinto, small red, split peas (yellow or green), tempeh	<p>¼ cup hummus / bean dip</p> <p>½ cup cooked beans / lentils / split peas / tofu / tempeh</p> <p>1 cup fresh peas or bean sprouts</p>	○ ○ ○
Berries	acai berries, barberries, blackberries, blueberries, cherries (sweet or tart), Concord grapes, cranberries, goji berries, kumquats, mulberries, raspberries (black or red), strawberries	<p>½ cup fresh or frozen</p> <p>¼ cup dried (no sugar added)</p>	○
Other Fruits	apples, dried apricots, avocados, bananas, cantaloupe, clementines, dates, dried figs, grapefruit, honeydew, kiwi, lemons, limes, lychees, mangos, nectarines, oranges, papaya, passion fruit, peaches, pears, pineapple, plums (especially black), pluots, pomegranates, prunes, tangerines, watermelon	<p>1 medium sized fruit</p> <p>1 cup cut-up fruit</p> <p>¼ cup dried fruit</p>	○ ○ ○
Cruciferous Vegetables	arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, horseradish, kale (black, green, red), mustard greens, radishes, turnip greens, watercress	<p>½ cup chopped</p> <p>¼ cup Brussels sprouts or broccoli sprouts</p> <p>1 Tbsp horseradish</p>	○
Greens	arugula, beet greens, collard greens, kale (black, green, red), mesclun mix (assorted young salad greens), mustard greens, sorrel, spinach, Swiss chard, turnip greens	<p>1 cup raw</p> <p>½ cup cooked</p>	○ ○

<b>Other Vegetables</b>	artichokes, asparagus, beets, bell peppers, carrots, corn, garlic, mushrooms (button, oyster, portobello, shiitake), okra, onions, purple potatoes, pumpkin, sea vegetables (arame, dulse, nori), snap peas, squash (delicata, summer, spaghetti varieties), sweet potatoes/yams, tomatoes, zucchini	1 cup raw leafy vegetables ½ cup raw or cooked non-leafy ½ cup vegetable juice ¼ cup dried mushrooms	○ ○
<b>Flaxseeds</b>	golden or brown flaxseeds	1 tablespoon ground	○
<b>Nuts &amp; Seeds</b>	almonds, Brazil nuts, cashews, chia seeds, hazelnuts/filberts, hemp seeds, macadamia nuts, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, walnuts	¼ cup nuts or seeds 2 tablespoons nut or seed butter	○
<b>Spices</b>	allspice, barberries, basil, bay leaves, cardamom, chili powder, cilantro, cinnamon, cloves, coriander, cumin, curry powder, dill, fenugreek, garlic, ginger, horseradish, lemongrass, marjoram, mustard powder, nutmeg, oregano, smoked paprika, parsley, pepper, peppermint, rosemary, saffron, sage, thyme, turmeric, vanilla	¼ tsp turmeric (with black pepper) along with any other spices	○
<b>Whole Grains</b>	barley, brown rice, buckwheat, millet, oats, popcorn, quinoa, rye, teff, whole-wheat pasta, wild rice	½ cup hot cereal or cooked grains / pasta / corn kernels 1 tortilla or slice bread 1 cup cold cereal ½ bagel or English muffin 3 cups popped popcorn	○ ○ ○
<b>Beverages</b>	black tea, chai tea, vanilla chamomile tea, coffee, earl grey tea, green tea, hibiscus tea, jasmine tea, lemon balm tea, matcha tea, almond blossom oolong tea, peppermint tea, rooibos tea, water, white tea (unsweetened preferred)	1 glass (12 oz) each – aim for 5 servings	○ ○ ○ ○ ○
<b>Exercise</b>	Moderate (e.g., brisk walking) or vigorous activity	90 minutes moderate OR 40 minutes vigorous	○
<b>Notes</b>			

Inspired by Dr. Michael Greger’s Daily Dozen (NutritionFacts.org). Download the free app for tracking, videos, and progress.		
Supplements often recommended on WFPB diets: Vitamin B12 (essential), Vitamin D (especially in NY winters), iodine. Consult a doctor.		
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