

Food Spectrum: Fully plant-based

Fully plant-based protein sources

Prioritize lean, minimally-processed sources of protein.

EAT MORE



Tempeh



Tofu



Edamame



Lentils

French, red, green, black, brown



Beans

Navy, lima, kidney, black, great northern, garbanzo, etc.



Split peas



Black-eyed peas

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT SOME



Plant-based protein powders



Textured vegetable protein



Tempeh bacon



Soy yogurt, unsweetened



Seitan



Black bean burgers



Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

EAT LESS



Plant-based protein bars



Plant-based meats

Burgers, sausage, hot dogs, etc.

This includes items such as Impossible, Beyond, Gardein, Boca, Tofurky, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

For more on protein choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)

Food Spectrum: Fully plant-based

Fully plant-based carbohydrate sources

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

EAT MORE

Protein-rich



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Farro



Amaranth



Quinoa



Wild rice



Taro



Corn



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

Not-so-protein-rich



Barley



Sorghum



Millet



Whole-grain and black rice



Potatoes



Fresh and frozen fruit



Sweet potatoes



Yuca

EAT SOME

Protein-rich



Granola



Instant or flavored oats



Whole-grain crackers



Pancakes and waffles



Oat-based granola bars

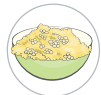


Bean and pulse pasta



White bagels, breads, English muffins, pastas, and wraps

Not-so-protein-rich



Couscous



Canned, dried, and pureed unsweetened fruit



White rice



Vegetable juices

EAT LESS

Not-so-protein-rich



Cereal bars



Fruit juices



Juice drinks



Soda



Pretzels



Crackers



Sugar



Almond, oat, coconut, flax and rice milk, sweetened



Honey, molasses, syrups and jellies



Sweetened energy and sports drinks



Foods with 10+g added sugar



Canned, dried, and pureed fruit w/added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content



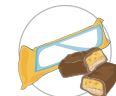
Chips



Fries



Plant-based ice cream and frozen yogurt



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes

For more on carbohydrate choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)

Food Spectrum: Fully plant-based

Fully plant-based fat sources

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

EAT MORE			EAT SOME		EAT LESS			
Protein-rich			Protein-rich		Not-so-protein-rich			
 Hemp seeds	 Peanuts & natural peanut butter	 Pumpkin seeds & pepitas	 Regular peanut butter	 Soy, pea, or hemp milk, unsweetened	 Margarine	 Corn oil	 Cottonseed oil	
 Pistachios	 Almonds & almond butter	 Sunflower seeds & sunflower seed butter	 Trail mix	Often rich in carbohydrates as well, with sources of varying quality.				
Not-so-protein-rich			Not-so-protein-rich					
 Flax seeds	 Chia seeds		 Virgin and light olive oil	 Expeller pressed canola oil	 Sesame oil	 Sunflower oil	 Canola oil	 Soybean oil
 Extra virgin olive oil	 Marinades and dressings with oils in this category	 Walnut oil	 Flaxseed oil	 Marinades and dressings with oils in this category	 Peanut oil	 Safflower oil	 Marinades and dressings with oils in this category	 Vegetable oil
 Avocado and avocado oil	 Fresh unprocessed coconut	 Olives	 Coconut oil / milk	 Dark chocolate	 Flavored nuts and nut butters	 Fat-rich foods with 10+ g added sugar	 Hydrogenated oils and trans fats	 Shortening
 Pesto made w/ extra virgin olive oil	 Cashews	 Walnuts (black walnuts are higher in protein)	 Algae oil	 High oleic safflower oil	 High oleic sunflower oil			
 Brazil nuts	 Pecans		These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.					

For more on fat source choices—and adjusting your intake for your preferences and goals: See [‘What should I eat?’ Precision Nutrition’s 3-step guide for choosing the best foods for your body.](#)

Food Spectrum: Fully plant-based

Vegetable rainbow

When eating vegetables (and fruits), try to “eat the rainbow.” Different colors imply different nutrients and health benefits.



For more help eating and enjoying (or at least tolerating) more vegetables: See [Precision Nutrition's 3-step guide for prepping \(and loving\) your veggies.](#)