

HELPFUL GUIDE TO EVERYDAY PLANT FOODS



FRUIT

- Apples/Pears
- Berries
- Citrus fruit
- Kiwi
- Banana
- Plums
- Grapes
- Pomegranate seeds
- Dried fruit - dates, apricots

VEGETABLES

- Peppers (any colour)
- Tomatoes
- Carrots
- Broccoli
- Cauliflower
- Onion & garlic
- Sweetcorn / peas
- Parsnips
- Courgette

SALAD & LEAFY GREENS

- Spinach
- Rocket
- Cucumber
- Avocado
- Cabbage
- Bak choy
- Kale

BEANS & PULSES

- Chickpeas
- Kidney beans
- Black beans
- Butter beans
- Cannellini beans
- Lentils (red)
- Lentils (green or puy)

WHOLEGRAIN

- Oats
- Wholemeal pasta
- Brown rice
- Quinoa
- Wholegrain wraps/bread
- Wholemeal bread
- Bulgur wheat
- Barley

NUTS & SEEDS

- Almonds
- Walnuts
- Cashews
- Pumpkin seeds
- Sunflower seeds
- Chia seeds
- Flaxseeds
- Sesame seeds

PLANT BASED EXTRAS

- Dark chocolate
- Tea/Coffee
- Olive oil
- Fermented vegetables

