



WHOLE PLANT BASED FOOD PYRAMID



High Fat Whole Foods

Use sparingly



Herbs, Microgreens and Grasses

Use sparingly



Sea Weed, Nutritional Yeast

1/4 cup daily



Nuts & Seeds

1 Tbsp daily



Sprouts and Legumes

2-3 Servings a day



Whole Grains

6-10 Servings a day



Fruits & Vegetables

5-9 Servings a day



**Dark Leafy Greens
& Cruciferous Vegetables**

As much as you want!



Water

1/2 you body weight daily