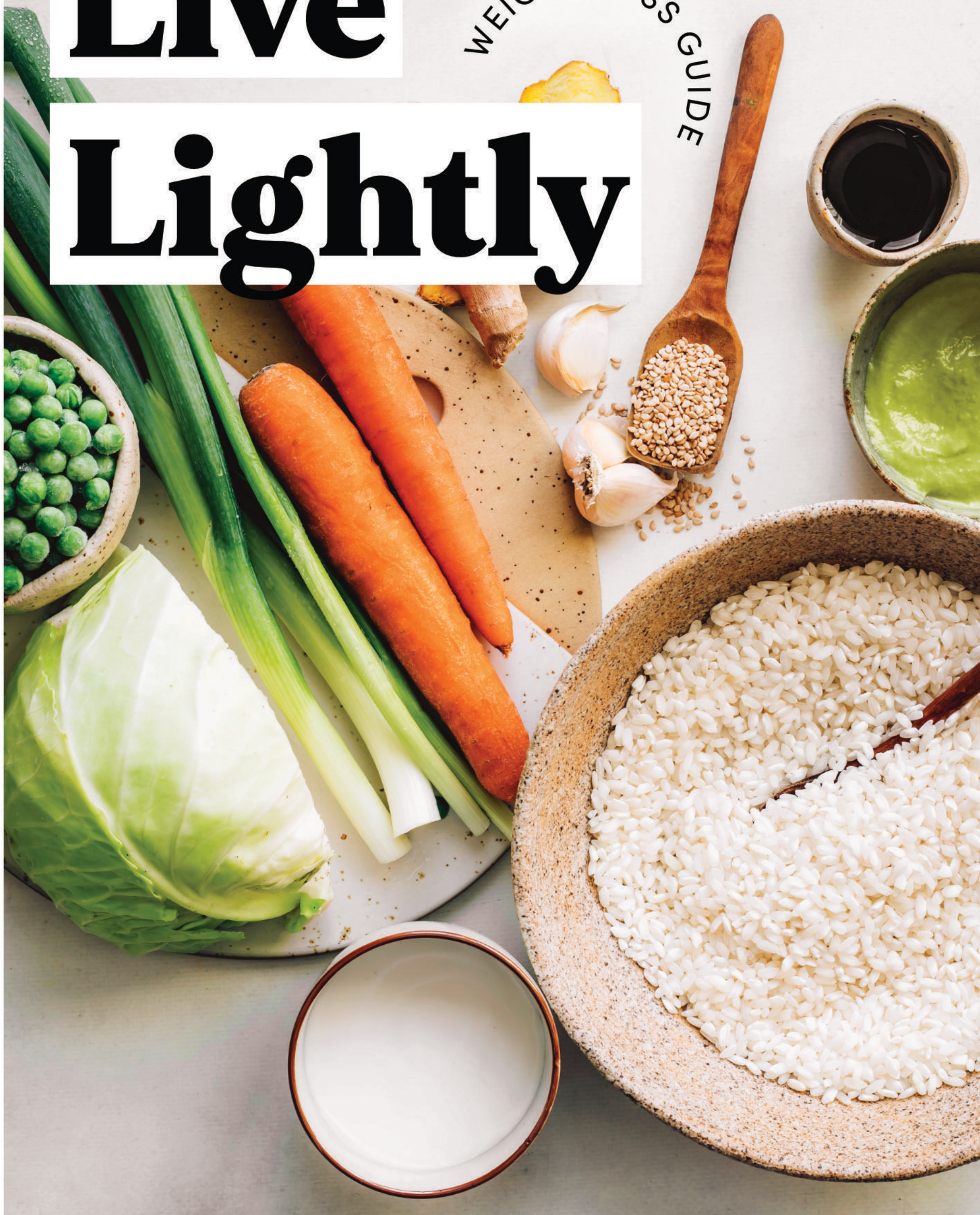


Live

Lightly

WEIGHT LOSS
GUIDE



the basic principles

According to large population studies, a whole food plant-based diet strongly correlates with a lower BMI and fewer chronic diseases.

Thanks to all that fiber and water in fruits, veggies, legumes, whole grains and nuts or seeds, you can eat until you're comfortably full without consuming too many calories! This is the only way of eating that doesn't rely on purposeful calorie restriction or the reduction of portion sizes to help you lose weight and stay healthy in the long run.

For best results, try following a whole food plant-based diet whenever you can.

Generally speaking, the more plant-based foods you consume, the better your chances of maintaining a healthy weight!

It doesn't mean that you have to become a vegan or may never eat potato chips again.

In this guide, we'll share how to transition smoothly from your current diet to a whole food plant-based eating pattern, how to make delicious and easy meals out of budget-friendly and health-promoting foods, and how to stick to this diet in the long run!



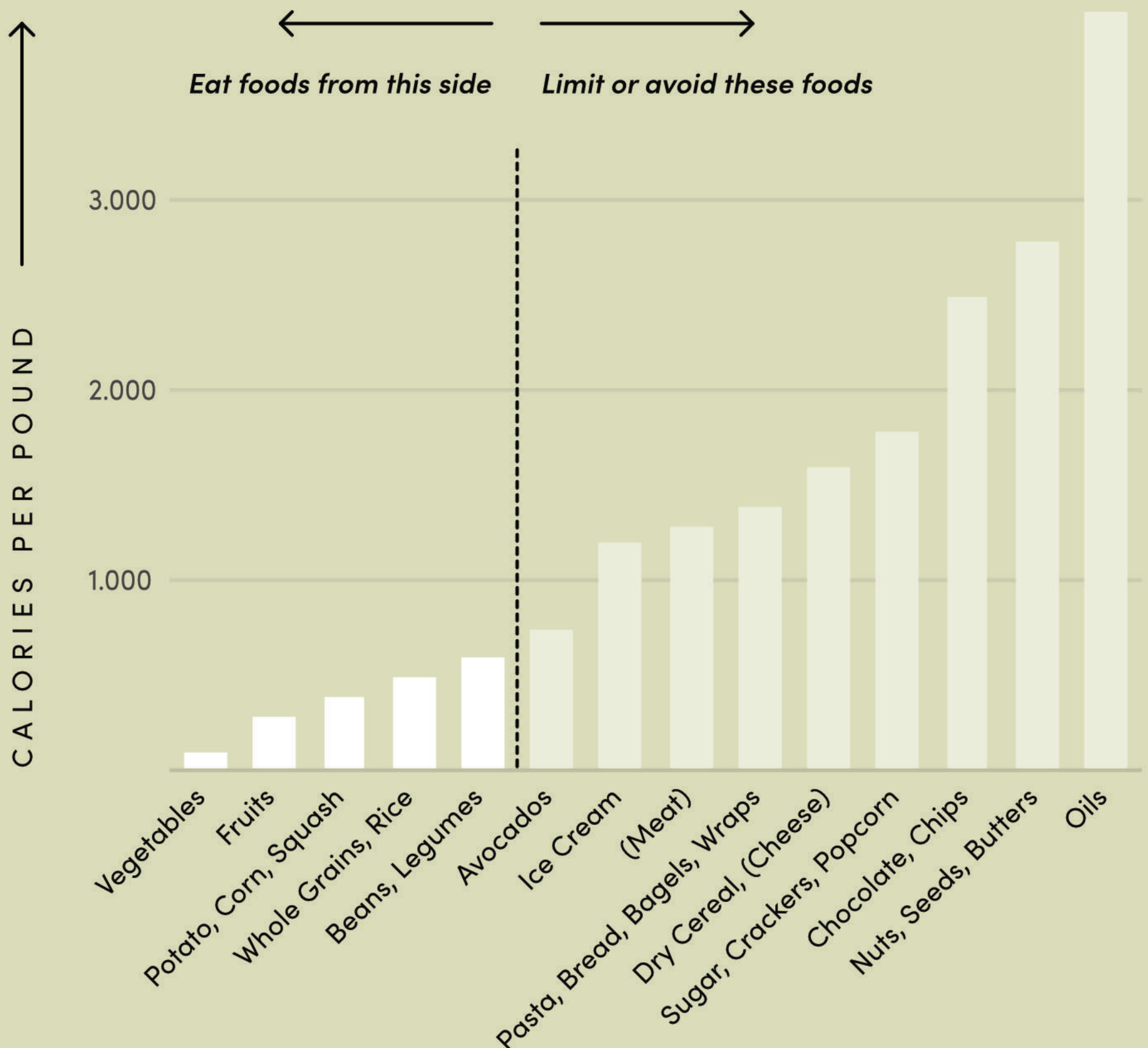


If you think back, you can probably see that whenever you constantly felt hungry or at least not satiated, you ended up making not-so-great food choices. In this state, your brain will be on the constant lookout until you've eaten enough volume, weight and nutrients.

Luckily, you can just team up with your body and choose the foods that make you comfortably full and slim you down simultaneously.

it's a Win-Win!

calorie density chart





Generally speaking, foods with a low calorie density have high water content, high fiber content and high nutrient content!

400
CALORIES
EACH

Peanut Butter
2.3 oz / 66 g



Black Beans
10.6 oz / 300 g





Veggies

such as Leafy Greens, Bell Peppers, Broccoli, Tomatoes, Carrots, Kale, Red Cabbage, Garlic, Onion, Zucchini, Cucumbers, Mushrooms, Frozen Veggies



Whole Grains & Starches

such as Potatoes, Sweet Potatoes, Squash, Corn, Brown Rice, Pearl Barley, Quinoa, Rolled Oats, Millet, Whole Wheat Berries, Pumpkin, Amaranth



Legumes

such as Lentils, Black Beans, Kidney Beans, Chickpeas, Tofu, Tempeh, Pinto Beans, Hummus, Peas, Lima Beans, Broad Beans, Adzuki Beans, Edamame

Decide whether you want to reduce or avoid these foods as soon as possible or do so step-by-step. Get them out of your kitchen, find great replacements and try to keep your environment as supportive of your new diet as possible for the best chance of success.

creating meals

Stepping away from familiar ingredients can seem a bit overwhelming, but let us show you the world of flavors that awaits you!

The possibilities are truly endless when it comes to all of the different meals you can create out of wholesome plant foods. Most of the time, we follow a “no-recipe” blueprint similar to the one on the next page.



01

Fill half your plate with non-starchy vegetables like leafy greens, tomatoes, sautéed bell peppers with onions, roasted broccoli or shredded cabbage. For breakfast, use fruit instead of veggies.

02

The other half of your plate should consist of whole starches like potatoes, brown rice, rolled oats, corn or beans. You can choose to have just one or more of these on this side of the plate.

03

Top with some of the spices, condiments and toppings listed on p. 29 and enjoy!

meal examples following this blueprint

- Brown rice and black bean burrito bowl with leafy greens, salsa and avocado
- Curried vegetables and chickpeas over rice
- Baked potatoes stuffed with beans and a side salad
- Veggie soup with potatoes and lentils
- Quinoa salad with cucumber, bell pepper, pumpkin seeds and a fruity dressing
- Salad wraps filled with whole grains, hummus and veggies
- Buddha bowls with baked sweet potato, roasted and raw veggies, chickpeas and avocado

You can make these meals even more convenient by cooking in bulk and always having some leftover whole grains, canned legumes and frozen veggies on hand. These components enable you to whip up a simple, well-rounded bowl for lunch or dinner within 5-10 minutes.

Typical breakfast options are cooked oatmeal with 1-2 pieces of fruit, brown rice pudding, baked or toasted sweet potatoes with berries or a hash brown pan.

*you'll find these recipes in
our recipe book*

snacks and treats

There are two different camps when it comes to this question: to snack or not to snack. Ultimately, it's really up to your lifestyle and how much food you can or want to eat in one sitting!

We personally eat until we're full during our 3 main meals so we're not hungry for a couple of hours at a time.

This is the easiest way to get into a good rhythm and it keeps us from munching too many vegan bars, crackers or other snack foods.

Snacking throughout the day might keep your appetite up and can lead to overeating or indigestion.

It highly depends on what you snack if this supports your weight loss efforts or not!



let's talk about cravings

If you've ever been on a diet, you're probably very familiar with having cravings. But how do they arise and what can you do about them so you won't find yourself at the bottom of a bag of chips again?

Here's how it works.

Evolutionarily, it has always made sense for us to be on the lookout for the best (aka highest) source of calories.

Instead of being beneficial for survival like they used to be, calorie-dense foods keep us coming back for more because our brains release the feel-good hormone dopamine.

Grabbing those cookies, pastries or chips requires minimal effort and they "reward" us with lots of energy in return. At the same time, they aren't very satiating!

The rational part of our brains usually knows better. It knows that salads, veggies and whole grains are probably much more beneficial to our health and well-being, but it's just so tough to stick to these foods.

But in today's modern world, where calorie-dense and nutrient-devoid foods are ubiquitous, this can do more harm than good and cause a vicious cycle sometimes referred to as "The Pleasure Trap."



food replace- ment chart

swap this for that

Meat, Poultry, Fish	Beans, Lentils, Tempeh, Tofu, Mushrooms, Eggplant Slices
Dairy Milk	Soy Milk, Almond Milk, Oat Milk, Rice Milk
Cheese	Nutritional Yeast, Sauces and Dips made with Cauliflower & Potato, Tofu
Yogurt, Sour Cream, Mayo	Flavored Soy Yogurt or Tofu-Based Mayo
Eggs	Crumbled Tofu, Mashed Bananas or Applesauce (in baking)
Butter	Vegetable Broth in cooking, Pumpkin Puree in baking
Honey & Sweeteners	Whole Fruit, Dry Fruit, Stevia, Erythritol, Cinnamon, Spritz of Maple Syrup
Soda, Juices, Alcohol	Infused Water, Sparkling Water, Tea, Smoothie
Oils	Applesauce, Bananas or Pumpkin Puree in baking, Vegetable Broth, Vinegar, Soy Sauce or Water in cooking
Ice Cream	Fruit Sorbets, Banana Ice Cream, Pieces of Frozen Fruit like Mangoes or Grapes
Bread, Crackers	Whole Wheat Berries, Brown Rice, Baked Potatoes, Veggie Slices, Sweet Potato Toasts

plant-based nutrition 101

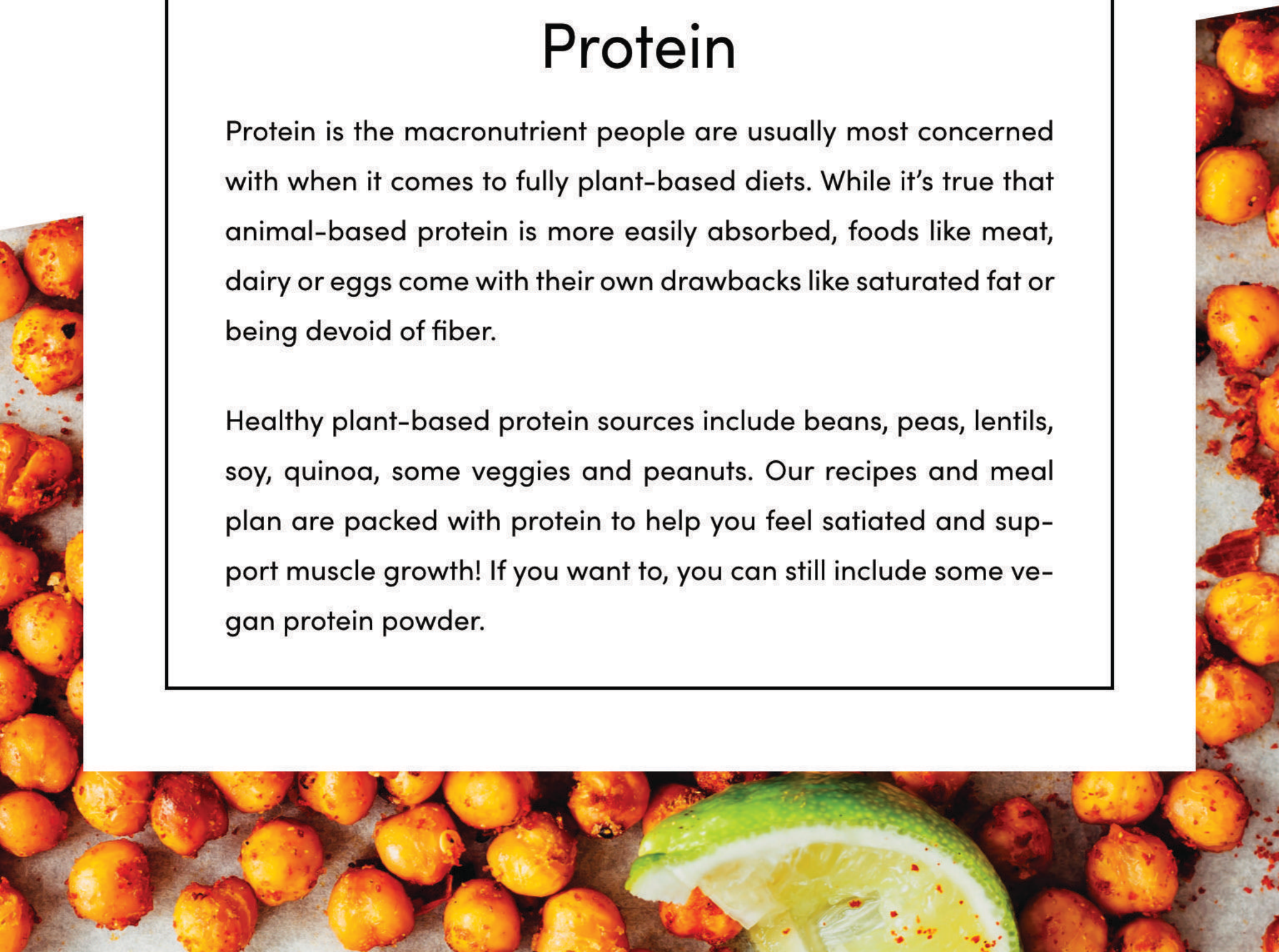
One thing you're probably wondering right now is, "how am I going to get all my nutrients eating only these plant foods?"

Every way of eating has its nutrients of concern and while you don't have to worry about fiber, vitamin C or too much saturated fat as a vegan, there are a few nutrients we want to take a closer look at.

Protein

Protein is the macronutrient people are usually most concerned with when it comes to fully plant-based diets. While it's true that animal-based protein is more easily absorbed, foods like meat, dairy or eggs come with their own drawbacks like saturated fat or being devoid of fiber.

Healthy plant-based protein sources include beans, peas, lentils, soy, quinoa, some veggies and peanuts. Our recipes and meal plan are packed with protein to help you feel satiated and support muscle growth! If you want to, you can still include some vegan protein powder.



Many meals don't call for replacements or animal-based add-ons, like a warming curry or a buddha bowl.

You can also make this a fun challenge for your kids to test some new foods while blind-folded, or you can ask them to help you chop veggies in the kitchen and prepare colorful nourish bowls together.

They might be surprised to find some new favorite meals in the process.

eating outside of your house

Following a whole food plant-based diet at home is one thing – but what if you go out and cannot find appropriate foods outside? It's best to be prepared and just bring your own food anywhere you go (where it is socially acceptable).

More often than not, people will be very understanding and positively surprised if you bring along your new favorite bean salad for everyone to enjoy or a batch of chocolate truffles or energy balls from the recipe eBook.

As for your lunch breaks, you can take leftovers from last night with you or quickly prepare a simple salad with some whole starches in the morning.

At many restaurants, you can find a variety of salads and vegetable side dishes that you can ask the waiter to put together on a plate for you, along with some baked potato or rice.

what if I slip up?

No need to worry; nobody has to be perfect! Just make your next meal healthy and tasty again and pat yourself on the back for not giving up.

Take a look at what happened and what led you to eat something that wasn't part of your "plan" — perhaps you didn't have anything healthy at hand and were starving? Maybe your plant-based meals weren't tasty and satisfying to you or you just missed a particular food too much?

We want to create a sustainable lifestyle, so allow for special treats and occasions without making them an everyday occurrence.

I'm experiencing digestive problems!

If our recipes or meal plan are drastically different from how you've eaten before, then your digestive system and gut bacteria might need some time to get used to the new foods.

Especially if you ramp up the fiber content or load up on beans without being used to them at all, things can get pretty uncomfortable!

We suggest that you start incorporating one meal from our recipes per day instead of turning your whole diet upside down and then bouncing right back to how you've eaten before because you couldn't bear the digestive problems!

friends and family don't support me!

Unfortunately, this is a common theme amongst those who eat a plant-based diet. Especially if the rest of the family doesn't get their meat-heavy dinner cooked anymore!



Change can be tough, so getting at least some support online via social media or other communities can be a powerful first step when transitioning to a plant-based diet.

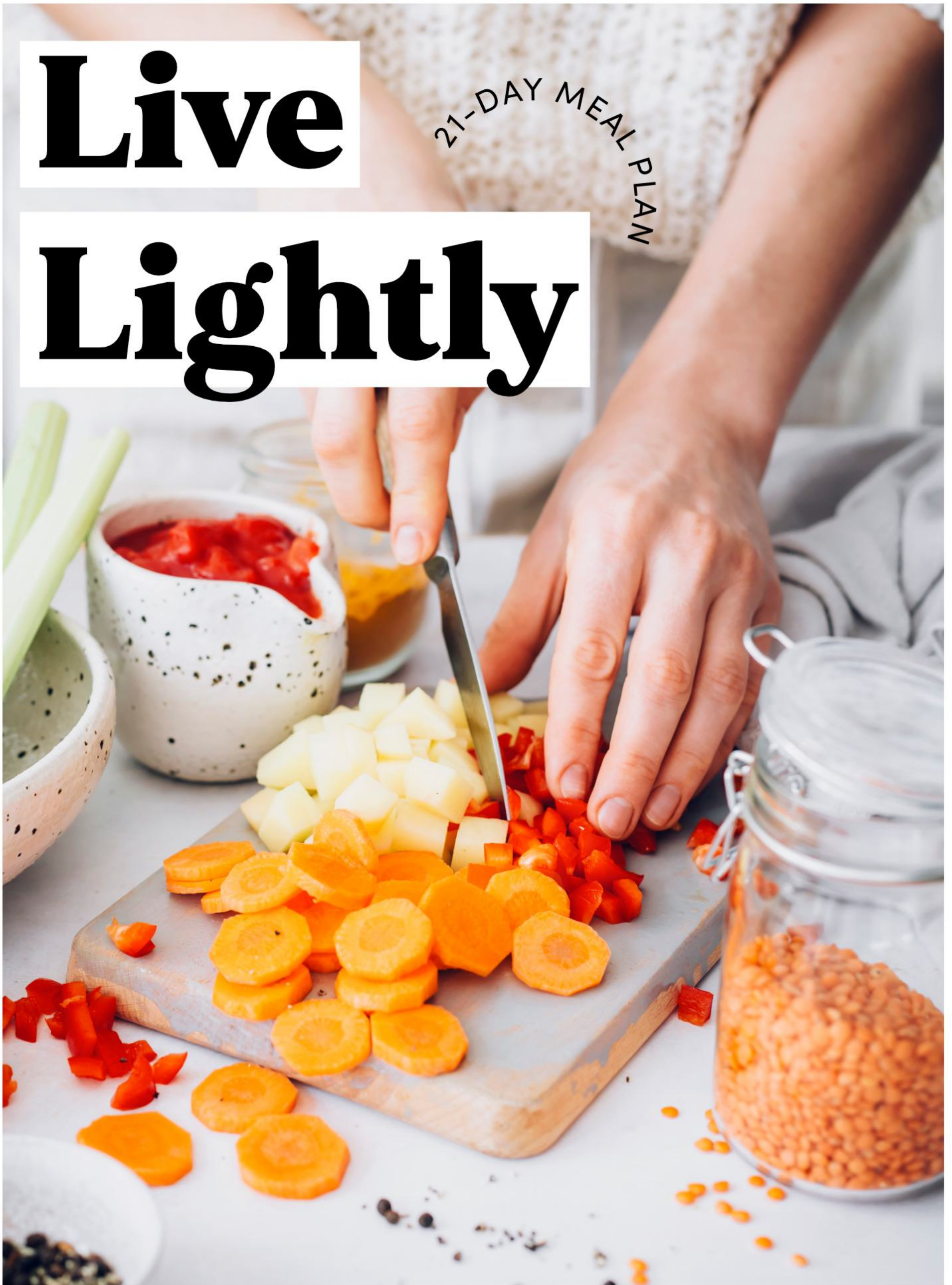
When it comes to your circle of friends or family members, keep in mind that every relationship is different and even if nobody wants to try “that new food” you’re eating now, the least you can ask for, is that they respect your choice.

Stay compassionate, think of meals you can create for everyone to share where others can add their animal products or simply tell them from your heart what this change means to you!

Live

Lightly

21-DAY MEAL PLAN



featured recipes

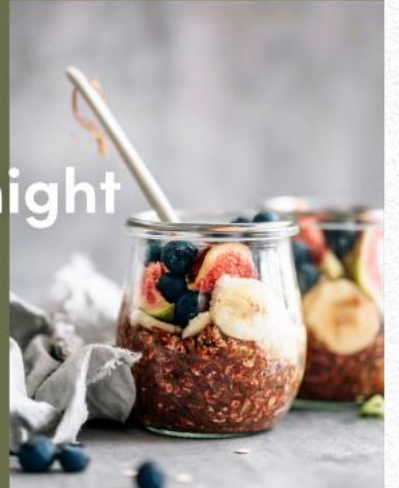


**Sweet Potato
Toasts**

Mason Jar Salad



**Overnight
Oats**



**Chocolate
Bean
Truffles**



**Lentil
Soup**



**Collard
Wraps**



**Stuffed
Bell
Peppers**

**Veggie
Sushi**



Smoothie Bowl

Melnn

WEEK ONE
1
WEEK ONE

monday

B: OVERNIGHT OATS **L:** MASON JAR SALAD **D:** BUTTERNUT CURRY

tuesday

B: RICE PUDDING **L:** BUTTERNUT CURRY **D:** QUINOA TABBOULEH

wednesday

B: OVERNIGHT OATS **L:** MASON JAR SALAD **D:** SHEPHERD'S PIE

thursday

B: RICE PUDDING **L:** QUINOA TABBOULEH **D:** COLLARD WRAPS

friday

B: GREEN SMOOTHIE **L:** COLLARD WRAPS **D:** SHEPHERD'S PIE

saturday

B: MILLET PORRIDGE **L:** STUFFED PEPPERS **D:** CHEEESY POTATO SOUP

sunday

B: STEEL-CUT OATS **L:** STUFFED PEPPERS **D:** ASIAN STIR-FRY

Shopping list

WEEK ONE
1
WEEK ONE

fresh produce

- ☐ Avocado 1 medium
- ☐ Bananas 10 medium
- ☐ Bell Peppers 1 medium red + 3 large green
- ☐ Butternut Squash 11.6 oz / 330 g
- ☐ Carrots 2 small + 6 medium
- ☐ Cauliflower 18.5 oz / 525 g
- ☐ Cilantro, fresh 3 sprigs / 5 g
- ☐ Collard Leaves 4 leaves / 4.3 oz / 120 g
- ☐ Cucumbers 2 medium
- ☐ Eggplant 2 medium
- ☐ Garlic 5 cloves
- ☐ Green Onion 3 stalks
- ☐ Kale 1.1 oz / 30 g
- ☐ Mint, fresh 0.3 oz / 7 g
- ☐ Mixed Greens 2.1 oz / 60 g
- ☐ Mushrooms, white 15.5 oz / 440 g
- ☐ Onions, white 1 small + 3 medium
- ☐ Onion, red 1 medium
- ☐ Orange 1 medium
- ☐ Parsley, fresh 0.9 oz / 25 g
- ☐ Peaches 2 medium
- ☐ Potatoes, white 32 oz / 900 g
- ☐ Red Cabbage 2.5 oz / 70 g
- ☐ Red Onions 10 medium
- ☐ Spinach 5.3 oz / 150 g
- ☐ Tomatoes 4 medium / 14.1 oz / 400 g
- ☐ Zucchini 1 small

spices + condiments

- | | |
|--|---|
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Hot Sauce |
| <input type="checkbox"/> Cayenne | <input type="checkbox"/> Maple Syrup |
| <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Oregano, dry |
| <input type="checkbox"/> Coriander, ground | <input type="checkbox"/> Smoked Paprika |
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Thyme, dry |
| <input type="checkbox"/> Garlic Powder | <input type="checkbox"/> Turmeric, ground |
| <input type="checkbox"/> Ginger, ground | |

nuts, seeds, dried fruit

- ☐ Dates 13 pieces / 4.6 oz / 130 g
- ☐ Flaxseed, ground 1.5 oz / 41 g
- ☐ Hemp Seeds 0.7 oz / 20 g
- ☐ Pumpkin Seeds 0.5 oz / 14 g
- ☐ Walnuts 3.3 oz / 92 g

dry staples

- ☐ Brown Rice, dry 30.2 oz / 855 g
- ☐ Cocoa Powder 0.9 oz / 25 g
- ☐ Millet, dry 18.2 oz / 515 g
- ☐ Nutritional Yeast 3.8 oz / 108 g
- ☐ Quinoa, dry 18.3 oz / 520 g
- ☐ Rolled Oats 7.2 oz / 205 g
- ☐ Steel-Cut Oats 5.6 oz / 160 g

canned goods

- ☐ Black Beans 9.9 oz / 280 g cooked, drained weight
- ☐ Cannellini Beans 15.2 oz / 430 g cooked, drained weight
- ☐ Chickpeas 16.9 oz / 480 g cooked, drained weight
- ☐ Crushed Tomatoes 14.1 oz / 400 g
- ☐ Lentils, brown 14.1 oz / 400 g cooked, drained weight
- ☐ Roasted Red Peppers 4.2 oz / 120 g
- ☐ Tomato Paste 11.5 oz / 325 g

wet staples

- ☐ Lemon Juice, bottled 7.3 fl oz / 215 ml
- ☐ Mustard 3.3 oz / 93 g
- ☐ Soy Milk, calcium fortified 38 fl oz / 1125 ml
- ☐ Soy Sauce 4.9 fl oz / 144 ml
- ☐ Soy Yogurt 7.6 oz / 216 g
- ☐ Vanilla Extract 0.7 oz / 20 g
- ☐ Vegetable Broth 46.5 fl oz / 1380 ml

frozen goods

- ☐ Blueberries, frozen 22.3 oz / 630 g
- ☐ Corn, frozen 22.6 oz / 640 g
- ☐ Peas, frozen 8.5 oz / 240 g

sunday meal prep

WEEK ONE

time needed

50-60 MIN

equipment needed

FOOD PROCESSOR

BLENDER

MEDIUM-SIZED POT

BOWL

2 32-OZ MASON JARS (OR SIMILAR-SIZED CONTAINERS)

2 SMALL CONTAINERS

2 MEDIUM CONTAINERS

Meal prep is a common theme throughout this meal plan. Any time something is prepped for later, or you need to use something that's already been prepped, it is indicated like this.

step 1

COOK TIME: 20 MIN

Quinoa

→ 1 ½ cups quinoa (250 g), dry

MAKE THE QUINOA

1. Place a medium-sized pot over high heat and cook the quinoa as per package instructions. Once all the water is absorbed, fluff with a fork and set aside to cool.
2. Take ⅔ of the cooked quinoa and put it into an airtight container for Tuesday's dinner. Leave the rest in the pot until you have prepared the other ingredients for the Mason Jar Salads and can assemble them.

Monday

DAY 1

- 1. Overnight Oats**
- 2. Mason Jar Salad**
- 3. Smoky Butternut Curry**

BREAKFAST

Overnight Oats

PREP: 2 MIN COOK: 5 MIN CALORIES: 489 SERVINGS: 1



- Half of the prepped Overnight Oats
- 1 banana, sliced
- ½ cup frozen blueberries (115 g), thawed

MAKE THE RECIPE

1. Get one of your overnight oats containers out of the fridge. Heat the oats and fruit on the stove or in the microwave until bubbly and creamy. Add a splash of additional soy milk if needed.
2. Stir the oatmeal occasionally to ensure it doesn't stick to the pot and heats up thoroughly. Enjoy warm!

LUNCH

Mason Jar Salad

PREP: 0 MIN CALORIES: 435 SERVINGS: 1

- Prepped Mason Jar Salad

Simply take one of the prepped Mason Jar Salads out of your fridge and grab a fork or spoon. Take with you for lunch!

Eggplant Butternut Curry

PREP: 15 MIN COOK: 40 MIN CALORIES: 592 SERVINGS: 2

- 2 cups brown rice (360 g), dry
- 1 onion, diced
- 2 garlic cloves, minced
- Pinch cayenne
- 2 tsp cumin
- 1 tsp coriander, ground
- 1 tsp ginger, ground
- 1 tsp turmeric, ground
- ¼ tsp cinnamon
- 1 ½ cups butternut squash (330 g), peeled & cubed
- 1 medium eggplant, chopped
- 1.5 cups vegetable broth (330 ml)
- 1 tbsp soy sauce
- 2 tbsp tomato paste
- 14 oz crushed tomatoes (400 g)
- 1 cup frozen peas (160 g)
- 2 cups baby spinach (60 g)
- salt and pepper to taste

COOK THE RICE

1. Using a medium to large pot, cook rice in 4 ½ cups water. Once it's done, remove from heat and let it cool.
2. Use 1 cup cooked rice for tonight's dinner and store the rest in a lidded container for upcoming meals: leftover curry and two brown rice puddings for breakfast.

SAUTÉ THE VEGGIES

1. Put a large pot over medium-high heat and add onion, garlic, cayenne, cumin, coriander, ginger, turmeric, cinnamon and a few tablespoons of water. Cook for around 2-3 minutes, stirring occasionally, until the aromatics and the spices become fragrant.
2. Add butternut squash and eggplant, then season with salt and pepper. Cook, stirring occasionally, until the vegetables develop a bit of color, around 5-6 minutes. Keep adding water as needed, so the vegetables don't stick to the pan.

ADD THE REST & LET SIMMER

1. Pour in the vegetable broth, soy sauce, tomato paste and crushed tomatoes, then stir until well combined. Reduce heat and let the curry simmer for 20-25 minutes until the butternut squash and eggplant are fully cooked.
2. Stir in the peas and spinach. Cook for another 2-3 minutes, just until everything is warmed through and the spinach is wilted. Taste and adjust the seasoning.

DIVIDE & SERVE

1. Serve half of the curry over 1 cup of cooked rice for dinner tonight. Transfer the remaining, once cooled, into an airtight container and store in the fridge for tomorrow's lunch.

Live

Lightly

60 x EVERYDAY RECIPES



382

Calories

Simple Green Smoothie

gluten-free

nut-free

quick



INGREDIENTS

- 2 cups soy milk (480 ml)
- 3 cups kale (60 g)
- 4 bananas, sliced and frozen
- 2 oz rolled oats (60 g)
- 2 tsp hemp seeds
- 1 tsp vanilla extract

1

MAKE THE RECIPE

Put the soy milk and kale into a blender and blend until smooth. Add the frozen banana slices, oats, hemp seeds and vanilla extract.

2

Blend again until you're left with a creamy green smoothie, adding more liquid if needed! Adjust to taste preferences, sprinkle with additional seeds if wanted and enjoy.

Add your favorite fruits, vegetables and plant-based milk to your smoothie!

OUR TIP



Veggie Hash Brown Skillet

442
Calories

gluten-free

nut-free

quick



INGREDIENTS

- 4 medium potatoes (28 oz / 800 g), grated
- 1 red onion, thinly sliced
- 1 bell pepper, chopped
- 7-8 tbsp vegetable broth
- ½ cup corn kernels (80 g)
- ¾ cup cooked cannellini beans (130 g), drained & rinsed
- 2 medium tomatoes, chopped
- salt and pepper to taste

CREAMY DRESSING

- ½ cup soy yogurt (130 g), unsweetened
- 1 tbsp nutritional yeast
- 2 tsp lime juice
- 2 tbsp cilantro, finely chopped

1

MAKE THE HASH BROWNS

Heat a non-stick skillet or frying pan over medium heat and add the grated potatoes. Season with salt and pepper and cover partially with a lid.

Cook for around 6-8 minutes, occasionally lifting the bottom with a spatula to check that the hash browns don't burn.

Once the bottom gets nicely browned and crispy, flip and cook for another 6-8 minutes on the other side.

2

SAUTÉ THE VEGGIES

While the hash browns are cooking, heat another frying pan over medium heat and add the onion, bell pepper and vegetable broth.

Season with a good pinch of salt and pepper and cook for 10-12 minutes until the veggies soften; add water as needed. Stir in the corn and tomato, then cook for 3-4 more minutes.

3

MAKE THE DRESSING

In the meantime, mix all ingredients for the dressing in a small bowl and adjust to taste preferences with salt and pepper.

4

COMBINE

Top the hash browns with the sautéed veggies and creamy dressing. Enjoy!



Moroccan Collard Wraps

gluten-free

nut-free



460
Calories

INGREDIENTS

- ½ medium eggplant, cubed
- ½ tsp smoked paprika
- ½ tsp thyme, dry
- ¾ cup millet (150 g), dry
- 4 collard leaves, washed and dried
- 1 cup red cabbage (70 g), thinly sliced
- 1 carrot, thinly sliced
- ½ cup cooked chickpeas (80 g), drained
- salt and pepper to taste

ORANGE MUSTARD SAUCE

- 2 tbsp mustard
- 6 tbsp soy yogurt
- 2 tbsp orange juice, freshly pressed
- ½ tsp oregano, dry
- 1 tsp orange zest (optional)







apple oat crumble

1

MAKE THE FILLING

Preheat your oven to 375 °F/190 °C and get a small baking dish. Put the sliced banana, apples, dates, cinnamon and lemon juice into the baking dish and mix with a spoon until everything is nicely coated.

Place it in the oven for 8 minutes while making your oat crumble topping.

2

MAKE THE CRUMBLE TOPPING

Put all ingredients for the oat crumble in a bowl and mix with a spoon to combine. Once the fruit base in the oven has become fragrant, take it out and top evenly with the oat mixture.

3

BAKE

Return the dish to the oven and bake for another 15-20 minutes, until the oats are slightly golden and crisp.

Let your apple crumble cool for 5-10 minutes before serving. Enjoy!



• LIVE LIGHTLY •
LIVE LIGHTLY •

printables

**cheat sheets and worksheets
that support your journey.**

how to use these printables

Shopping list

Find all the foods to emphasize on a vegan weight loss diet here: from fruits and veggies to grains, legumes, nuts, seeds, condiments, pantry staples and frozen goods. Just highlight what you need and simplify your next shopping trip!

Calorie density chart

See at a glance which food groups are higher and lower in calories per pound to make your weight loss journey easier. Focus on the foods left of the dotted line and view those on the right as treats and add-ons!

Habits tracker

Create long-lasting habits that automatically result in healthy weight loss with this sheet! Write down anything from “30 min walk” to “eat 3 servings of vegetables” or “snack on fruit instead of chips” and try to tick off as many days as you can.

Meal & exercise planner

Choose your favorite weight loss-friendly recipes to fill this meal planner! Whether you want to prepare larger batches and meal prep to have leftovers or want to try a new recipe every day, go with what works best for you.

Food replacement chart

Recreate your favorite meals and snacks with lower-calorie swaps! This cheat sheet helps you find new ingredient ideas and snacks for high-calorie and animal-based foods.

Nutrient needs

While following a whole food plant-based diet can be very healthy, you need to know how to meet all your nutritional needs. This chart helps you to ensure that you eat foods that are richer in critical nutrients!

shopping list

vegetables

- | | |
|---|---|
| <input type="checkbox"/> Acorn Squash | <input type="checkbox"/> Kohlrabi |
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Lettuce |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Mixed Greens |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Bell Peppers | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Butternut Squash | <input type="checkbox"/> Radishes |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Snap Peas |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Sweet Potatoes |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Taro |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Green Onion | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Jalapeño Peppers | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Kabocha Squash | <input type="checkbox"/> Zucchini |

grains

- | | |
|--|--|
| <input type="checkbox"/> Amaranth | <input type="checkbox"/> Popcorn Kernels |
| <input type="checkbox"/> Barley | <input type="checkbox"/> Quinoa |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Rice Cakes |
| <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Rye |
| <input type="checkbox"/> Bulgur | <input type="checkbox"/> Teff |
| <input type="checkbox"/> Corn Flakes | <input type="checkbox"/> Tortilla Wraps |
| <input type="checkbox"/> Farro | <input type="checkbox"/> Wheat Berries |
| <input type="checkbox"/> Kamut | <input type="checkbox"/> Whole Grain Bread |
| <input type="checkbox"/> Millet | <input type="checkbox"/> Whole Grain Flour |
| <input type="checkbox"/> Oats, rolled | <input type="checkbox"/> Whole Grain Pasta |
| <input type="checkbox"/> Oats, steel-cut | <input type="checkbox"/> Wild Rice |

fruit

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Limes |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Lychee |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> Mangoes |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Nectarines |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Oranges |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Papayas |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Passionfruit |
| <input type="checkbox"/> Dragonfruit | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Persimmons |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Honeydew | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Kiwis | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Lemons | <input type="checkbox"/> Watermelon |

legumes

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Lima Beans |
| <input type="checkbox"/> Black-Eyed Peas | <input type="checkbox"/> Mung Beans |
| <input type="checkbox"/> Cannellini Beans | <input type="checkbox"/> Navy Beans |
| <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Pinto Beans |
| <input type="checkbox"/> Fava Beans | <input type="checkbox"/> Soy Beans |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Split Peas |
| <input type="checkbox"/> Lentils | |

wet staples

- | | |
|--|--|
| <input type="checkbox"/> Agave Syrup | <input type="checkbox"/> Lemon Juice |
| <input type="checkbox"/> Almond Milk | <input type="checkbox"/> Maple Syrup |
| <input type="checkbox"/> Almond Yogurt | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Apple Cider Vinegar | <input type="checkbox"/> Oat Milk |
| <input type="checkbox"/> Balsamic Vinegar | <input type="checkbox"/> Seitan |
| <input type="checkbox"/> Coconut Creamer | <input type="checkbox"/> Soy Milk |
| <input type="checkbox"/> Coconut Milk | <input type="checkbox"/> Soy Yogurt |
| <input type="checkbox"/> Coconut Yogurt | <input type="checkbox"/> Tofu |
| <input type="checkbox"/> Date Paste | <input type="checkbox"/> Vanilla Extract |
| <input type="checkbox"/> Fruit Preserves | <input type="checkbox"/> Vegetable Broth |

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