

List Plant Based Foods for Weight Loss

Fruits	Vegetables	Whole Grains	Healthy Fats	Legumes	Seeds & Nuts	Condiments	Protein	Spices	Drinks
Berries	Kale	Brown Rice	Avocados	Peas	Almonds	Salsa	Tofu	Basil	Coconut, Almond, & Soy Milk
Citrus	Spinach	Rolled Oats	Olive Oil	Chickpeas	Cashews	Mustard	Tempeh	Rosemary	Oat Milk
Pears	Tomatoes	Farro	Coconut Oil	Lentils	Macadamia Nuts	Nutritional Yeast	Plant-Based Protein powders	Turmeric	Cashew & Hemp Milk
Peaches	Broccoli & Cauliflower	Quinoa	Unsweetened Coconut	Peanuts	Pumpkin Seeds	Soy Sauce		Curry	Silk Protein (original, vanilla, & chocolate)
Pineapple	Sweet Potatoes & Butternut Squash	Brown Rice Pasta		Black Beans	Sunflower Seeds	Vinegar		Black Pepper	Tea
Bananas	Carrots	Barley			Natural Peanut Butter	Lemon Juice		Salt	Sparkling Water
	Asparagus				Tahini				Coffee
	Peppers								Teas (hot or cold)
	Potatoes								Self-made Veggie juice