



Clean Food Dirty Girl

WHOLE FOOD PLANT BASED

Cheat Sheet



Here are the foods that make up the majority of Whole Food Plant Based eating. Eat the most of these foods.

- All veggies, including sea veggies
- All fruits
- All legumes
- All beans
- All whole grains
- All nuts and seeds

Here are the foods that are considered minimally processed and are a-okay when eating a Whole Food Plant Based diet. Use these ingredients to round out your meals or add them to recipes.

- Whole wheat or sprouted grain tortillas
- Whole wheat or sprouted grain bread, bagels and English muffins
- Whole wheat, sprouted grain, quinoa, soba and brown rice pasta
- Whole wheat or whole grain flours like buckwheat, spelt, barley, chickpea, brown rice, etc...
- Vital wheat gluten (this should be used sparingly because it is the most processed on this list)
- All herbs and spices
- Non-dairy milk with no additives or sweeteners
- Tofu
- Tempeh
- Sauerkraut and pickles without vinegar
- Shoyu, tamari, Braggs amino acids and coconut aminos

- Vinegars like rice, plum, red wine, apple cider, balsamic, etc...
- Nut butters – sugar and salt free
- Nutritional yeast
- Low fat coconut milk (the kind in the can)
- Canned tomato products
- Olives and capers (packed in water, not oil)
- Hot sauce (without oil, sweeteners or additives)
- Dijon Mustard
- Miso
- 100% pure maple syrup and other pure sweeteners like brown rice syrup and sourgum syrup (use sparingly)
- Dried fruit (use sparingly)
- Vanilla extract
- Cacao powder and cacao nibs
- Herbal teas
- Coconut water

Here are the foods to avoid when eating a Whole Food Plant Based diet.

- All meat
- All poultry
- All seafood
- All dairy products
- Eggs
- All oils (even coconut and olive oil)
- All processed foods

- Faux meats and faux dairy products that contain oil, refined sugar, or processed ingredients
- All soda
- All processed sugar
- Anything containing white flour
- Bottled salad dressings that contain oil and / or sugar
- Processed breakfast cereal
- Cakes, pies, pastries, donuts and all bakery item made from processed ingredients like white flour and sugar.