

Your Plant-based Diet Food List

Vegetables	Fruits
Whole thing must be fillable and line breaks should be allowed.	Whole thing must be fillable and line breaks should be allowed.

Legumes	Whole Grains
Whole thing must be fillable and line breaks should be allowed.	Whole thing must be fillable and line breaks should be allowed.

Nuts	Seeds
Whole thing must be fillable and line breaks should be allowed.	Whole thing must be fillable and line breaks should be allowed.

Meat Substitutes	Plant-based Dairy Substitutes
Whole thing must be fillable and line breaks should be allowed.	Whole thing must be fillable and line breaks should be allowed.

Herbs and Spices	Plant Oils and Sweeteners
Whole thing must be fillable and line breaks should be allowed.	Whole thing must be fillable and line breaks should be allowed.

Other Recommendations	What to Avoid
Whole thing must be fillable and line breaks should be allowed.	Whole thing must be fillable and line breaks should be allowed.

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