GO, SLOW, WHOA: All you need to know on choosing plant-based and whole foods.

Resources

• www.wholefoodspantbasediet.bgsu.wikispaces.net
• www.ohsheglows.com
• www.vegweb.com
• www.hellyeahitsvegan.com
• www.theppk.com
• forksoverknives.com/the-fok-diet
GO FOODS

- Lettuce and Leafy Greens: romaine lettuce, kale, collards, spinach, Swiss chard, and turnip greens
- Fresh Fruits: Bananas, oranges, grapes, berries, melons, plums, apples, and peaches.
- Raw Vegetables: Carrots, celery, broccoli, cauliflower, onions, tomatoes, and cucumbers.
- Raw Nuts and Seeds: Walnuts, cashews, pecans, sunflower seeds, flaxseed, and almonds.
- Beans: Black beans, kidney beans, chickpeas, lentils, white beans, and soybeans.
- Whole Grains: Brown rice, wild rice, oats, barley, quinoa, and corn.

SLOW FOODS

- Whole grain breads
- Whole grain pastas
- Plant based milks: soymilk and almond milk
- Juices

WHOA FOODS

- Animal products: meat, chicken, fish, eggs, cow’s milk, goat’s milk, cheese, and yogurt.
- Sweets: Ice Cream, cookies, cake, doughnuts, candy, soda, and other pastries.
- White breads, bagels, rolls, pastas, crackers, pretzels
- Tortilla chips and potato chips
- Jams and jellies