## **Protiens** Leafy Greens Tofu Tempe Beans/Lentils **Brown/Wild Rice** Oats Nuts/Seeds Quinoa/Grains **Pastas** Spirulina **Nut Butters** Seitan BEYOND MEAT BEYOND BURGER 20G OF PLANT NO SOY NO GLUTE

**Many Vegetables** 

& Fruits

**Plant-based Meat** 

& Milk

**Nutrional Yeast**