

VEGAN PLANT-BASED DIET

holavegan

HIGH FAT

AVOCADOS/NUTS
COLD PRESSED OILS
DAIRY SUBSTITUTES

DON'T OVER DO IT

LEAFY GREENS

BROCCOLI/CABBAGE/SPINACH
LETTUCE/ARUGULA/KALE

2-3 SERVINGS DAILY

1 SERVING SIZE: 1 CUP RAW-1/2 CUP COOKED

LEGUMES

BEANS/PEAS/LENTILS/SEEDS

5+ SERVINGS DAILY

1 SERVING SIZE: 1/2 CUP RAW LEGUMES
OR 1 TABLESPOON SEEDS

WHOLE GRAINS

QUINOA/BROWN RICE/FARRO/BUCKWHEAT
BARLEY/WHOLE-GRAIN PASTA/SPROUTED GRAINS

5+ SERVINGS DAILY

1 SERVING SIZE: 1/2 CUP COOKED OR 1 SLICE
WHOLE-GRAIN BREAD

FRUITS

ALL TYPES!

3-4 SERVINGS DAILY

1 SERVING SIZE: 1 PIECE OR
1/2 CUP

VEGETABLES

ALL TYPES!

EAT AS MUCH YOU CAN!

GET MORE RECIPES AND TIPS AT HOLAVEGAN.COM