

Whole Food Diet List

WHOLE FOOD DIET LIST

Name: _____ Date: _____ dd / mm / yyyy
Age: _____ Gender: _____
Weight: _____ Height: _____

Prioritize fresh, unprocessed foods. Read ingredient labels and avoid additives. Diversify your food choices for balanced nutrition. Practice portion control. Cook at home to control ingredients. Minimize added sugars. Choose whole grains over refined ones. Include healthy fats and lean proteins. Stay hydrated with water and herbal teas. Limit processed meats. Plan meals and snacks. Listen to your body's hunger cues. Enjoy treats in moderation.

Apples, Bananas, Oranges, Berries (strawberries, blueberries, raspberries), Kiwi, Watermelon, Mango, Pineapple, Grapes, Cherries

Leafy greens (spinach, kale, arugula), Broccoli, Cauliflower, Carrots, Bell peppers (various colors), Tomatoes, Cucumbers, Zucchini, Sweet potatoes, Avocado

Oats, Quinoa, Brown rice, Whole wheat bread, Barley, Farro, Bulgur, Buckwheat, Millet

Lentils, Chickpeas, Black beans, Kidney beans, Pinto beans, Peas, Green beans

Almonds, Walnuts, Cashews, Chia seeds, Flaxseeds, Sunflower seeds, Pumpkin seeds, Hemp seeds

Chicken breast, Turkey, Salmon, Tofu, Tempeh, Eggs, Lean beef (in moderation), Pork (in moderation)

Greek yogurt, Cottage cheese, Unsweetened almond milk, Coconut milk, Soy milk

Basil, Cilantro, Rosemary, Thyme, Turmeric, Cinnamon, Paprika, Garlic, Ginger

Olive oil, Avocado oil, Coconut oil, Nuts and seeds, Fatty fish (salmon, mackerel)

Honey, Maple syrup, Stevia

Recommendations

Additional notes