

optimizehealthcollective.com



Optimize Health Collective

WHOLE FOOD PLANT BASED GUIDE



Eat all or mostly Organic

IDEAL FOOD LIST

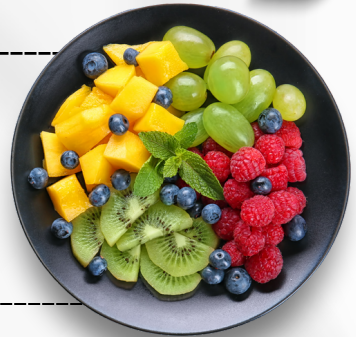


**NON-STARCHY
VEGETABLES - UNLIMITED**

All Leafy Green Cucumber
Squashes Cauliflower
Broccoli

NON-FATTY FRUITS
5-8 Servings / day

All Fruits except Avocados
and Olives



LEGUMES

1-3 Cups / day with each meal
Any beans, Lentil and Peas



Eat all or mostly Organic

IDEAL FOOD LIST



WHOLE GRAINS

3-5 Servings / day

Millet	Quinoa
Brown Rice	Oat Groats
Kamut	100% Corn Tortillas

STARCHY VEGETABLES

2-3 Servings / day

Potatoes, Sweet Potatoes, Yuca,
Taro



NUTS AND FATTY FRUITS

2-3 servings / day

Avocado / Olives / Tahini,
Walnuts, Pecan, Almonds



Eat all or mostly Organic

IDEAL FOOD LIST



HERBAL TEAS

Chamomile	Hibiscus
Peppermint	Matcha
Nettles	Low Acid Coffee

ALL ORGANIC SPICES

Cumin	Paprika
Coriander	Oregano
Black Pepper	Rosemary
Turmeric	



RECOMMENDED ADDITIONS

Tablespoon of Flax, Chia or Hemp, Fermented Vegetables
Mushrooms, Miso



Eat all or mostly Organic

IDEAL FOOD LIST



RECOMMENDED ADDITIONS

Cacao Powder and Nibs
Sprinkle Dulse / Kelp / Nutritional
Yeast on Foods

RECOMMENDED ADDITIONS

Balsamic Vinegar
All Vinegars
Molasses (1-2 Tablespoons)
Cinnamon, Clove, Nutmeg



RECOMMENDED ADDITIONS

Xylitol candy or gum is great
after an acidic meal for teeth.



Eat all or mostly Organic

RESTRICT FOOD LIST



MINIMALLY PROCESSED SOY

Tofu Edamame
Tempeh Soymilk

MINIMALLY PROCESSED GRAINS

Whole Wheat Pasta
Sprouted Grain Bread
Rolled Oats, Fermented Dosa



DRINKS

Kombucha
Regular Coffee
Black Tea



Eat all or mostly Organic

RESTRICT FOOD LIST

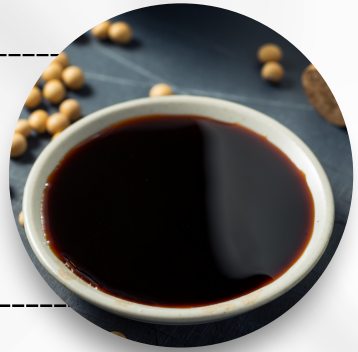


HEALTHY FATTY FOODS

Extra Virgin Olive Oil
Peanut Butter
85% Dark Chocolate
Whole Coconut or Flakes

ADDITIONS

Date Syrup
Tamari Sauce
Coconut Aminos



AVOID FOOD LIST



PROCESSED OILS

Coconut Oil	Rapeseed Oil
Soybean Oil	Peanut Oil
Corn Oil	Cottonseed Oil
Safflower Oil	Canola Oil, expeller
Sun-flower Oil,	pressed canola oil

ANIMAL MEAT AND EGGS

Eggs from any animal prepared in any way, Beef, Lamb, Chicken, Pork, Bacon, Duck, Goose, Liver, Turkey, Ham, Mutton, Tripe, Veal, Venison, Deli Meats, Sliced Meats, Meat Jerkys



ALL ANIMAL DAIRY

Butter, Milk, Cream, Cream Cheese, Sour Cream, Cheese, Yogurt, Ice Cream, Dairy Kefir, Ghee



AVOID FOOD LIST



PROCESSED ISOLATED SUGAR

Glucose, Fructose, High Fructose
Corn Syrup, Cane Sugar, Aspartame,
Cane solids, Corn Syrup, Maltose



THANK YOU FOR READING!
LET'S GET HEALTHY!

LEARN TO MAKE THE HEALTHIEST MOST DELICIOUS MEALS
WHILE SAVING TIME AND MONEY

[CLICK HERE](#)