

Food Modifications:

More Fruits?

- Increase fruits by 1 serving
 - Decrease category 2 vegetables by 1 serving
 - Increase category 1 vegetables
- Increase fruits by 2 servings
 - Eliminate category 2 vegetables
 - Eliminate grains
 - Increase category 1 vegetables
 - Add soluble fibre blend, ½ - 1 scoop per day

Fewer Fruits?

- Eliminate fruits
 - Increase category 2 vegetables by 1 serving
 - Increase category 1 vegetables

Fewer Legumes?

- Eliminate legumes
 - Increase nuts and seeds by 1 serving and add a soluble fibre blend, ½ - 1 scoop per day

Or

 - increase protein by 1 serving and add a soluble fibre blend, ½ - 1 scoop per day

Fewer Nuts & Seeds?

- Eliminate nuts & seeds
 - Increase legumes by 1 serving

Or

 - Increase protein by 1 serving and add a soluble fibre blend, ½ - 1 scoop per day

More grains?

- Increase grains by 1 serving
 - Decrease fruits by 1 serving
 - Increase category 1 vegetables

Or
- Increase grains by 1 serving
 - Eliminate category 2 vegetables
 - Increase category 1 vegetables

Food Modifications for Vegetarians:

Focus your category 1 vegetables on certain vegetables, such as collards, kale, broccoli, Swiss chard, spinach, and Brussels sprouts, which are generally higher in protein content

Removing animal protein from the dairy category

- Substitute soy, hazelnut, almond, coconut, or hemp milk
- Substitute soy yogurt and coconut yogurt

Removing animal protein from the concentrated protein category

- Focus on tofu, soy burgers, and tempeh
- Have eggs if not vegan
- Have cheese if not vegan
- 2 extra legume servings are equal to 1 animal protein
- 1 extra nut serving plus 1 extra ounce of seitan or tempeh are equal to 1 animal protein