

# Ordinary Vegan's

## DAILY NUTRITIONAL VEGAN CHECKLIST

M T W Th F Sa Su

<b>Legumes</b> - 1 1/2 Cups Per Day Chickpeas, Beans, Peas, Lentils, Edamame, Tempeh, Black Beans, Lima Beans or other sources of protein like Tempeh, Seitan or Tofu							
<b>Whole Grains</b> - 3 1/2 Cups Per Day - serving size 1/2 cup cooked or 1 piece of whole grain bread. Quinoa, Brown Rice, Farro, Buckwheat, Whole Grain Pasta, Bulgur, Barley, Oats, or Sprouted Grains, Millet, Teff, Amaranth, and Spelt.							
<b>Seeds</b> - 1 TBSP Ground Flax & 1 TBSP Hemp Seeds Per Day *Seeds contain amino acids. Amino acids are essential for every metabolic process. Many diseases such as obesity, insomnia, arthritis, erectile dysfunction, diabetes, high cholesterol, and even hair loss can be traced to metabolic disturbances.							
<b>Nuts</b> - 1/8 cup to 1/4 cup a day or two tablespoons of nut butter.							
<b>Dark Leafy Greens</b> - At least 2 servings per day - 1 serving size + 1 cup raw or 1/2 cup cooked - Kale, Collards, Turnip Greens, Spinach, Swiss Chard, Mustard Greens, and Romaine Lettuce. *Dark leafy greens are a powerhouse of nutrition. Rich in vitamins A, C, E, and K, they also contain a host of phytochemicals, potassium, and magnesium.							
<b>Cruciferous Vegetables</b> - 1 cup per day - Broccoli, Cabbage, Cauliflower or Bok Choy *The glucosinolates in cruciferous vegetables have been found to inhibit the development of cancer and protect cells from DNA damage. The sulforaphane accelerates the body's ability to detoxify from pollutants including air pollution.							
<b>Vegetables</b> - 3-5 servings per day - 1 serving = 1 cup raw or 1/2 cup cooked *All Varieties - Eat as many colorful vegetables as you want!							
<b>Berries</b> - 1/2 cup per day Blueberries, Raspberries, Cherries, Grapes, Raisins or Strawberries *Berries are an excellent source of fiber, folate, potassium and antioxidants.							
<b>Fruits</b> - All types - 3 servings a day - 1/2 cup chopped or whole fruit equals one serving Fresh or frozen.							
<b>Sweet Potatoes</b> - 3-4 per week The People of Okinawa have a life expectancy among the highest in the world and 27% of their diet consists of sweet potatoes. Sweet potatoes are high in flavonoids, vitamin C, fiber and slow burning carbohydrates.							