



Your Daily Plant-Based “Must Haves” Checklist!

AN EASY GUIDE TO START EATING WELL AND FEELING GREAT TODAY



Theresa “Sam” Houghton

GREENGUT WELLNESS | SAM@GREENGUTWELLNESS.COM | GREENGUTWELLNESS.COM

Daily “Must Haves” for Plant-Based Success

CHECK THESE OFF EVERY DAY TO POWER UP YOUR PLATE!

Veggies

Serving size:

1 cup raw or
½ cup cooked

5+ servings/day

Get started with:

- Leafy greens
- Cabbage
- Broccoli
- Cauliflower
- Carrots
- Peppers
- Squashes

Fruit

Serving size:

1 medium piece or
1 cup cut

3+ servings/day

Get started with:

- Apples
- Pears
- Berries
- Peaches
- Oranges
- Bananas
- Grapes

Whole Grains

Serving size:

1/2 cup cooked or 1 slice whole grain bread

3-4 servings/day

Get started with:

- Rice
- Quinoa (white, red, black)
- Millet
- Barley
- Oats
- Sprouted bread
- Whole-grain pasta

Beans

Serving size:

1/2 cup cooked or 4 ounces tofu/tempeh

3+ servings/day

Get started with:

- Black beans
- Kidney beans (red and white)
- Lentils
- Split peas
- Chickpeas
- Black-eyed peas
- Whole soy foods

Nuts, Seeds & Healthy Fats

Serving size:

1 oz. whole nuts/seeds

2tbsp nut/seed butter

1/4 of a medium avocado

1-2 servings/day

Get started with:

- Walnuts
- Peanuts
- Almonds
- Cashews
- Sunflower seeds
- Ground flax seeds
- Pumpkin seeds



Theresa “Sam” Houghton

GREENGUT WELLNESS | SAM@GREENGUTWELLNESS.COM | GREENGUTWELLNESS.COM

BONUS Food and Activity Log

Date: _____

Meal	Food Type	Food Amount	Beverage Type & Amount	Duration	Emotions/Energy

Activity Type	Duration	Emotions/Energy

Don't forget to write down your favorites!

THAT WILL MAKE IT EASY TO FIND RECIPES YOU LOVE



Theresa "Sam" Houghton has been eating a plant-based diet since summer of 2009 and has been experimenting with tasty new ways to enjoy whole plant foods ever since. She believes that a **whole-food, plant-based diet** is the road to true health—and the tastiest way to eat!

With her Certificate in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies and training from the Bauman College Nutrition Consultant Program, **Sam can help you power up your lifestyle** by showing you how to make whole plant foods the center of your diet - without giving up the flavors you love or spending hours in the kitchen.

Visit **[GreengutWellness.com](https://www.GreengutWellness.com)** to discover how a program from GreenGut Wellness can help you master plant-based living!

Theresa "Sam" Houghton

GREENGUT WELLNESS | SAM@GREENGUTWELLNESS.COM | [GREENGUTWELLNESS.COM](https://www.GREENGUTWELLNESS.COM)