A SAMPLING OF WHOLE FOODS

Leafy greens - unlimited amount - 
1 lb is roughly 100 calories
kale
collards
bok choy
Napa cabbage
Brussels sprouts
turnip greens
broccoli raab
Swiss chard
lettuce - Romaine or equivalent
beet greens
dandelion greens
escarole
spinach

Colorful watery and light vegetables
large amounts a day
asparagus
corn
cucumbers - kyuri
daikon radish
snow peas and string beans
sprouts
artichokes
zucchini, chayote
okra
broccoli
cauliflower
eggplant
nopales - cactus pads
water chestnuts
sweet red peppers
tomatoes

Colorful solid and heavy vegetables
a cup a day
carrots
potatoes, sweet potatoes
butternut, acorn squash
pumpkins
taro root
turnips
rutabagas
malanga
yams

Cooked whole grains
total a cup a day
amaranth
barley
brown rice - many varieties
buckwheat
millet
oats - chopped whole grain / flattened flakes
quinoa - high in fat
wild rice

Plan 90% of your diet around these and other whole foods; use some raw, others steamed, and the rest cooked and seasoned to suit your taste.

Fresh fruits - 4 cups of combined fruits a day
apples
apricots
bananas
raspberries, strawberries, blueberries
dates
cranberries
figs
grapes
kiwis
mangoes
melons
nectarines
oranges, tangerines
papayas
peaches
pears
persimmons
pineapples
plums

Cooked legumes or beans - a cup a day
chickpeas - garbanzos
black eyed peas
black beans, pinto beans
lentils
mung beans
red kidney beans
pigeon peas - gandules
canellini, navy beans
peanuts *
soy beans *

Raw nuts and seeds - a fistful a day
1 oz is roughly 100 calories
almonds
cashews
coconut
walnuts
pecans
pistachios
pine nuts - pignolis
macadamias
pumpkin seeds
sesame seeds
sunflower seeds
flax seeds - ground

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