



Plant Paradox Phase 1



Yes List

Leafy Greens

Lettuce
Spinach
Watercress
Swiss Chard
Endive
Collard Greens
Arugula

No limit

Cruciferous Veggies

Broccoli	Daikon
Bok Choy	Garden Cress
Brussels Sprouts	Kohlrabi
Cabbage	Komatsuna
Cauliflower	Land Cress
Kale	Mizuna
Mustard Greens	Radish
Broccoli Rabe	Turnips
Broccoli Romanesco	Wasabi

No limit

Herbs

Daikon
Garden Cress
Kohlrabi
Komatsuna
Land Cress
Mizuna
Radish
Turnips
Wasabi

No limit

Protein

Pasture-Raised Chicken
Wild Caught Fish
Shellfish
Quorn Products (Chik'n
Tenders, Ground,
Chik'n Cutlets, Turk'y
Roast, Bacon Slices)
Tempeh (No Grains)
Hemp Tofu

***8oz Seafood Per Day*/
2 servings (4oz) chicken**

More Veggies/Fruits

Artichokes	Seaweed
Asparagus	Nori
Celery	Avocado (1per day)
Fennel	Olives
Onions	Carrots
Garlic	Scallions
Leeks	Chicory
Chives	Beets
Kelp	Okra
Hearts of Palm	

No limit

Oils

Avocado
Coconut
Macadamia Nut
Sesame Seed
Walnut
Hemp Seed
Flaxseed
MCT
Perilla
Algae

No limit

Nuts/Seeds

Macadamia Nuts
Walnuts
Pistachios
Pecans
Coconuts
Hazelnuts
Chestnuts
Brazil Nuts
Pine Nuts
Flax Seeds
Hemp Seeds

Blanched Almonds
1/2 cup per day

Sweeteners

Stevia Sweetner
Inulin

More Options in Phase 2

Seasonings

All

***Avoid Red Pepper Flakes, Commerical
Sauces and Dressings***

Condiments

Mustard
Vinegar
Lemon juice
Lime Juice

No limit

Drinks

Green Tea
Black Tea
Herbal Tea
Coffee
Water