

Vegan

A vegan diet is based exclusively on plant foods.

- Tofu
- Tempeh
- Seitan
- Legumes
- Almonds
- Macadamia nuts
- Walnuts
- Sunflower seeds
- Nut butters
- Hemp seeds
- Miso
- Natto
- Sauerkraut
- Pickles
- Kimchi
- Kombucha
- Bok choy
- Spinach
- Kale
- Mustard greens
- Chia seeds
- Flaxseeds
- Spirulina
- Chlorella
- Spelt
- Quinoa
- Amaranth
- Ezekiel bread