

Vegetarian Rule of 3's Check List									
Food	Serving Size	x/week	Sun	Mon	Tue	Wed	Thrs	Fri	Sat
<b>FATS</b> [refrigerate all oils except Coconut; never eat hydrogenated]									
Vegan Omega 3	1 TBSP								
Olive	1 TBSP								
Avocado	2 TBSP								
BUTTER	1-2 tsp								
Other (Coconut, Avocado, etc)	1 TBSP								
<b>GRAINS</b> [organic, 100% whole grain]									
Oatmeal	3/4-1c cooked, 2 pancakes, 1 reg. muffin								
Buckwheat	3/4-1c cooked, 2 pancakes, 1 reg. muffin								
Rice	3/4-1c cooked								
Wheat, whole	2 slices bread								
Other Grains (Quinoa, Teff, etc)'	3/4-1c cooked								
<b>MEATS</b> [pescatarian or lacto-ovo-vegetarian options]									
Fish	4-6oz								
Egg	1-2 egg								
Other									
<b>Dairy</b>									
	cheese, yogurt, ice cream ok, no milk								
<b>Milk Alternative</b>									
	Coconut, rice, nut milks								
<b>NUTS</b> [raw, unsalted]									
Walnut	1H or 1TBSP								
Pecan	1H or 1TBSP								
Almonds	1H or 1TBSP								
Other nuts	1H or 1TBSP								
<b>Seeds/Legumes</b>									
Peanut	1H or 1TBSP								
Tempeh, Soy	1/2 - 3/4c								
Chickpea/Hummus	3/4c bean; 3-4 TBSP dip								
Legumes (black, adzuki, etc.)	3/4c bean; 3-4 TBSP dip								
Seeds (sesame, pumpkin, etc)	2 TBSP								
Lentils	3/4c								

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<b>FRUIT</b>									
Grapefruit	1/2 peeled, white on								
Orange	1								
Banana	1								
Cranberry juice Northland's	4-6oz								
Blueberry	1c								
Strawberry	1c								
Apple	1								
Tomato (fresh & cooked)	2 large slices, 3 cherry, 4TBSP sauce								
Other Fruit	cherries, pear, etc.								
<b>VEGETABLES</b>									
Celery	1 stalk								
Salad (romaine, spring mix, etc)	2c compacted								
Spinach	1c rule 3's								
Sprouts (mung, broccoli, etc)	1H								
Carrot, squash	1 whole or 1c steamed								
Broccoli/Brussel sprouts	1c light steam or raw								
Cauliflower	1c raw or light steam								
Mushroom (button, portabella, etc)	3/4c cooked								
Onion	1 tsp								
Potato (1 can be swt pot)	1 medium								
Sweet Potato	1/2 typical size								
Peppers	1/2 of whole								
Other Veggies	green bean, peas, etc								
<b>SEASONING</b>									
Garlic	1 tsp								
other	thyme, curcumin, etc								
<b>WATER/FLUIDS</b>	56-64oz; ~6oz w/ meal; rest btwn meals	DAILY							
Green Tea	Organic	3-4							
Coffee	2c (16oz) max Women 1g	0-3							
Alcohol	Men 2g	0-1							

Food	Serving Size	x/week	Sun	Mon	Tue	Wed	Thrs	Fri	Sat
Sugar	Sucrose, Honey, etc	0-3							
<b>EXERCISE</b>									
Walk	1mi								
Other									

## HEALTHY EATING PLATE

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## Healthy Vegan My Plate

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