

# INNOV8TIVE SUCCESS PLAN

## Vegetarian Options

### Fats

*(2 tablespoons)*

Almonds  
Almond butter  
Avocado  
Avocado oil  
Cashews  
Coconut oil  
Flaxseed  
Olives  
Olive oil  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Walnuts

### Proteins

*3-4 oz, 1/2 cup (Deck of cards)*

Buckwheat (6 grams per 1 cup cooked)  
Quinoa (8 grams per 1 cup cooked)  
Soy (10 grams per 1/2 cup firm tofu)  
Soy (15 grams per 1/2 cup firm tempeh)  
Soy (15 grams per 1/2 cup firm natto)  
Mycoprotein  
Ezekiel Bread  
Seitan  
Hummus and Pita  
Rice and Beans  
Sh8ke It Up Protein Shake  
Eggs (2)

### Vegetables

*(1/2 cup chopped, 1 cup leafy greens)*

Alfalfa sprouts  
Asparagus  
Beets  
Bell peppers  
Broccoli  
Brussel sprouts  
Bok choy  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collard greens  
Cucumber  
Eggplant  
Garlic  
Green beans  
Kale  
Lettuce  
Leeks  
Mushrooms  
Mustard greens  
Onions  
Parsnips  
Peas  
Pumpkin  
Spinach  
Squash  
Swiss chard  
Tomatoes  
Zucchini

### Spices

*(unlimited)*

Basil  
Cayenne  
Cilantro  
Cloves  
Parsley  
Cinnamon  
Cumin  
Dill  
Ginger  
Mint  
Mustard seed  
Oregano  
Rosemary  
Thyme  
Turmeric

### Liquids

*(unlimited)*

Water  
Water  
WATER!!  
Coffee  
Tea (unsweet)

NO SODA (even diet, these use unhealthy sugar substitutes)

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### Fruits

1 medium size fruit, ½ cup chopped

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Apples	Mangoes
Apricots	Nectarines
Bananas	Oranges
Blueberries	Papaya
Cantaloupe	Peaches
Cherries	Pears
Cranberries	Pineapples
Currants	Plums
Dates	Pomegranate
Grapefruit	Prunes
Grapes	Raisins
Honeydew	Raspberries
Kiwifruit	Rhubarb
Lemons	Strawberries
Limes	

### Grains/Carbs

½ cup cooked, ¼ cup uncooked

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Baked potato  
Red potato  
Sweet potato  
Barley  
Brown rice  
Buckwheat  
Millet  
Oats  
Quinoa  
Rye  
Beans