**Ideas for Four-Diamond (4◊) Foods**

*(Circle the ones you like, post this list on your refrigerator, and use it as a shopping guide!)*

**Fruits:** Apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, clementines, coconut, cranberries, dates, dragon fruit, figs, grapefruit, grapes (green/red/purple), guavas, honeydew, kiwis, lemons, limes, mandarin oranges, mangos, monk fruit, nectarines, oranges, papayas, passion fruit, peaches, pears, persimmons, pineapple, plums, pomegranates, prickly pears, prunes, raisins, raspberries, strawberries, tangerines, watermelon

**Vegetables:** Artichokes, asparagus, avocados, beets, bell peppers (green/red/yellow), bok choy, broccoli, cabbage, carrots, cauliflower, celery, chard, cucumbers, eggplant, endive, garlic, grape tomatoes (red/yellow), jícama, kale, leeks, lettuce (iceberg/romaine, etc.), mushrooms, mustard greens, nopales (cactus), okra, olives (black/green), onions, potatoes (white/red/yellow), radishes, rhubarb, spinach, squash (acorn/spaghetti/summer/yellow, etc.), tomatoes, turnips, yams, zucchini

**Legumes:** Bean sprouts, beans (black/green/pinto/red kidney/string, etc.), edamame/soybeans, lentils, peas (black-eyed/green/snow/sugar snap, etc.)

**Whole grains:** Barley, buckwheat, corn, millet, oats, quinoa, rice (brown/colored/wild, etc.), rye, sorghum, wheat

**Nuts and seeds:** Almonds, Brazil nuts, cashews, chestnuts, chia seeds, flaxseed, hazelnuts, macadamia nuts, peanuts, pecans, pine nuts, pistachios, pumpkin seeds, sunflower seeds, walnuts

**Fatty seafood:** Anchovies, clams, crab, halibut, herring, mackerel (preferably Atlantic), mahi-mahi, mussels, oysters, salmon (preferably wild-caught Alaskan), sardines, shrimp, snapper, swordfish (wild), trout, tuna (although albacore is high in mercury)

**Ideas for:**

**Breakfast**

* Oatmeal with raisins, walnuts, and blueberries
* Raisin bran with rice or almond milk
* Whole wheat/grain toast or bagel with spray butter, with two fruits

**Lunch**

* Vegetable and mushroom soup with salad (without cheese or croutons)
* Natural peanut butter and 100% fruit preserves on whole wheat/grain bread, with apple slices and carrot sticks
* Baked potato topped with salsa or mushroom bean chili and chives

**Dinner (use fruit for dessert)**

* Whole grain spaghetti with mushrooms, onions, & Brussels sprouts, with whole grain garlic bread (spray butter)
* Brown rice bowls containing shrimp, artichokes, mushrooms, almond slivers, mandarin oranges, and soy sauce
* Grilled salmon with asparagus, roasted Cajun red potato wedges, and whole grain bread
* Whole wheat burritos with black beans, guacamole, salsa, onions, peppers, lettuce, and olives
* Whole wheat pizzas topped with mushrooms, pineapple, olives, onions, and peppers

**Snacks**

* Any fruit, vegetable (raw or cooked!), nut/seed, or whole grain (see list above)
* Baked tostadas (e.g., Mission® brand) broken up into chips, with salsa, bean dip, and/or guacamole
* Celery or apple slices and peanut butter
* Popcorn (OK if >94% fat free) or sunflower seeds

***Need more ideas? Search the internet for “Whole-foods, plant-based” recipes, and add fatty seafood if desired!***