

# VEGETARIAN NUTRITION LEVELS COMPARISON CHART

PROTEIN	PERFORMANCE	LIFESTYLE	KICKSTART
Beans and legumes (e.g. lentils and chickpeas)	Yes	Yes	Yes
Eggs	Yes	Yes	Yes
Fermented soy (tempeh, miso)	Yes	Yes	Yes
Soy (edamame, tofu)	No	No	Yes

VEGETABLES & LEGUMES	PERFORMANCE	LIFESTYLE	KICKSTART
Most veggies	Yes	Yes	Yes
Winter squashes	Yes	Yes	Yes
Sweet potatoes, yams	Yes*	Yes*	Yes*
White potatoes, corn	No	Yes*	Yes*
Beans and legumes (e.g. lentils and chickpeas)	Yes	Yes	Yes

FRUIT	PERFORMANCE	LIFESTYLE	KICKSTART
All fruits	Yes*	Yes*	Yes*
Lemon and lime juice	Yes	Yes	Yes
Dried fruit with added sugar	No	No	No

NUTS & SEEDS	PERFORMANCE	LIFESTYLE	KICKSTART
Most nuts and seeds (including nut butters)	Yes*	Yes*	Yes*
Peanuts (including peanut butter)	No	Yes*	Yes*

FATS & OILS	PERFORMANCE	LIFESTYLE	KICKSTART
Olive oil, coconut oil, avocado oil, butter, nut oils, flaxseed oil, grapeseed oil	Yes	Yes	Yes
Avocados, coconuts, olives	Yes	Yes	Yes
Industrial vegetable & seed oils - Canola, corn, peanut, safflower, soy, sunflower	No	Yes**	Yes**
Hydrogenated oils	No	No	Yes**

GRAINS	PERFORMANCE	LIFESTYLE	KICKSTART
Rice (white, brown, wild), quinoa, oatmeal, buckwheat, amaranth	Yes*	Yes	Yes
Corn tortillas	No	Yes*	Yes*
Flour of any grain (rice flour, quinoa flour, corn flour, wheat flour)	No	No	No
Bread, bagels, muffins, flour tortillas, Ezekiel bread	No	No	No
Pasta or noodles of any kind (bean, rice, quinoa), couscous, barley, farro	No	No	No
Cereals	No	No	No

ALCOHOL & BEVERAGES	PERFORMANCE	LIFESTYLE	KICKSTART
Coffee, tea, kombucha, coconut water	Yes	Yes	Yes
Vegetable juice	Yes*	Yes*	Yes*
Wine and spirits	No	1 per week	1 per day
Fruit juice, milk	No	No	Yes*
Soda - regular & diet	No	No	No
Beer	No	No	No

DAIRY	PERFORMANCE	LIFESTYLE	KICKSTART
Butter	Yes	Yes	Yes
Yogurt, kefir, whey protein, cottage cheese	No	Yes	Yes
Milk, cream, buttermilk, sour cream	No	No	Yes*
Cheese	No	No	No

SUGAR & SWEETENERS	PERFORMANCE	LIFESTYLE	KICKSTART
Stevia, monkfruit	Yes	Yes	Yes
Coconut sugar and nectar	No	Yes	Yes
White / brown sugar, honey, maple syrup, agave, other sweeteners	No	No	Yes*
Dessert, candy, and sweets	No	No	No

SNACKS & ARTIFICIAL INGREDIENTS	PERFORMANCE	LIFESTYLE	KICKSTART
Sweet potato or vegetables "fries" or chips, BAKED	Yes*	Yes*	Yes*
White potato "fries," BAKED	No	Yes*	Yes*
Sweet potato "fries," FRIED	No	Yes*	Yes*
Hummus	Yes	Yes	Yes
Guar gum, xanthan gum, arrowroot, tapioca, natural or artificial	No	Yes*	Yes*
Nitrates, nitrites, benzoates, MSG, hydrogenated oils	No	No	Yes*
Popcorn	No	No	No
Fried chips of any kind, White potato "fries," FRIED (french fries)	No	No	No

\* Foods that are compliant but in moderation, as there are potentially negative effects from overconsumption.

\*\* means foods are technically allowed on a given level, but not recommended.