

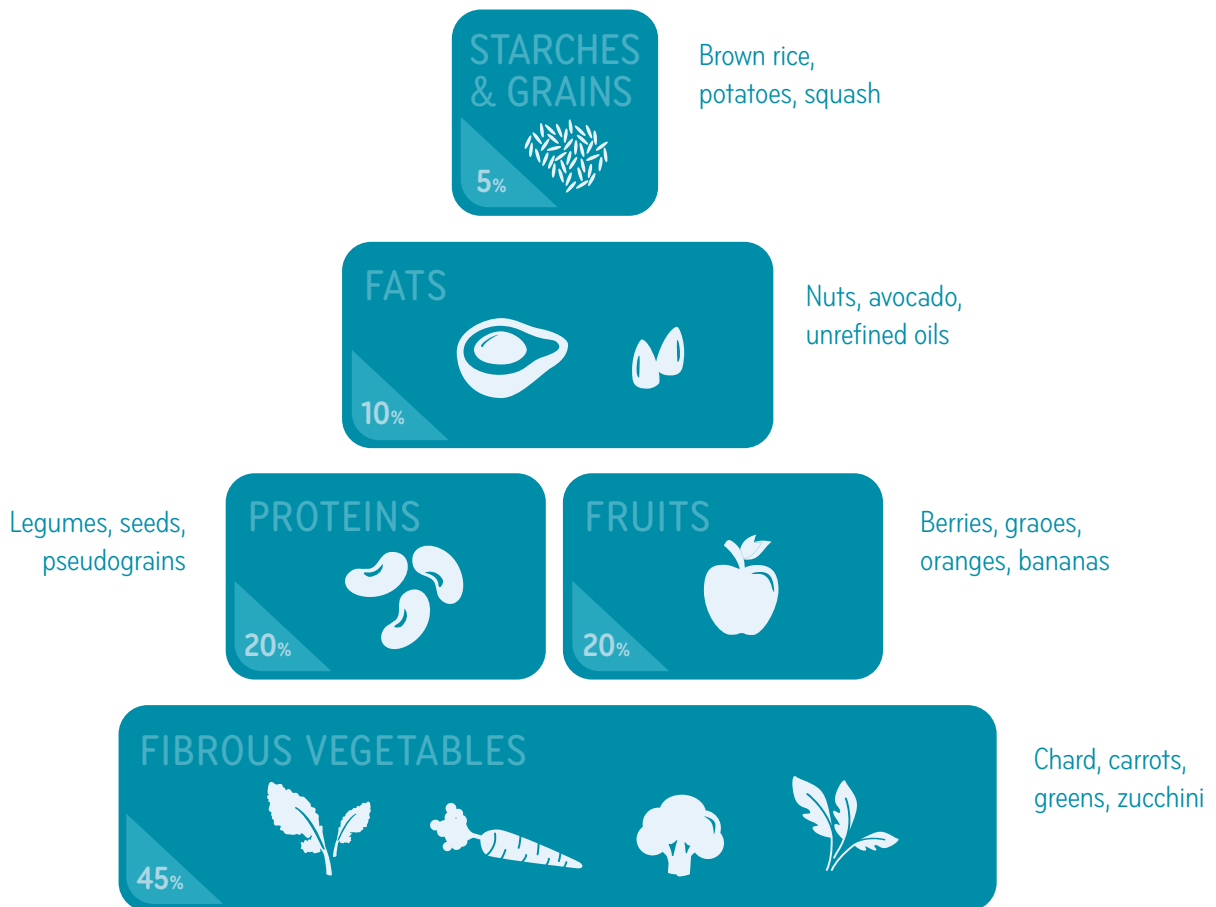


REFERENCE

Thrive Staple Foods

The tiers of the Thrive pyramid show a suggested ratio of each food group in your daily diet. This is not meant to suggest a hierarchy of nutritional value (that foods higher on the pyramid are worth less than those on the bottom, they're not). Combined in balance, these provide premium nutrition, with each group instrumental to your whole nutrition picture.

Thrive food pyramid



REFERENCE

Thrive Staple Foods (cont'd)

Energize through nourishment

CARBOHYDRATES FROM FIBER

Fibrous Vegetables

The base of the Thrive Pyramid, fiber-rich carbohydrates emphasizing leafy greens and colorful vegetables are the foundation of clean, plant-based nutrition. Foods in this tier provide a wealth of vitamins, minerals, and phytonutrients.

- Asparagus
- Bok choy
- Carrots
- Celery
- Cucumbers
- Daikon
- Green beans
- Green peas
- Onions
- Sugar snap peas
- Watercress
- Zucchini
- Squash
- Tomatoes

Dark Leafy Greens

Dark leafy greens are your fiber-rich best friend when it comes to supporting longevity. Rich in necessary vitamins and minerals like vitamin K, iron, electrolytes, and chlorophyll, dark leafy greens also serve as a catalyst to support cleansing in your body.

- Beet greens
- Mustard greens
- Spinach
- Chard
- Dandelion leaves
- Dinosaur kale

Delicious and nutritious dinosaur kale is much more palatable than regular kale. This leafy green has a softer flavor than regular kale, and easily malleable leaves which are great for wraps and veggie rolls.



Sea Vegetables

Highly nutrient-dense, sea vegetables are one of the highest sources of calcium. Due to high calcium content and other essential minerals, sea vegetables are also quite alkaline-forming. High electrolyte content, great for keeping cells properly hydrated and facilitating proper muscle and nerve impulses function. Unassuming, but true, sea vegetables often have respectable protein content, too.

- Dulse
- Kelp
- Nori
- Sea asparagus
- Wakame

REFERENCE

Thrive Staple Foods (cont'd)

CARBOHYDRATES FROM SUGAR

Fruit

Nature's fuel, fruit is a great source of carbohydrate energy. Fruit is quickly digested, providing immediate energy, but without the crash associated with refined sugars. Also rich in vitamins and minerals, antioxidants, phytonutrients, and sometimes fiber, fruit is a delicious source of plant-based fuel.

- Apples
- Apricots
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapefruit
- Grapes
- Mangos
- Melons
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates

CARBOHYDRATES FROM STARCH

The top of the Thrive Pyramid, whole, unmodified grains and starchy vegetables are only required in small amounts.

Starchy Vegetables

A perfect side to a balanced plant-based meal, starchy vegetables are excellent for carb-loading prior to an event you have been training for. Due to fiber content some starchy vegetables (yams, pumpkin, squash) are slower to digest than others, preventing a spike and crash in energy.

- Parsnip
- Pumpkin
- Squash
- Sweet potatoes
- Turnips
- Yams

Grains

Gluten-free grains are much easier to digest –and efficient digestion is a great support for healthy longevity and efficient energy. If you're not sensitive to gluten, sprouted whole grains breads are also a good alternative to conventional bread.

- **Brown rice**
Rich in magnesium (needed electrolyte) and selenium (a super antioxidant), add a teaspoon of rooibos leaves to cooking water to increase flavor and nutrition profile).
- **Spelt**
An ancient grain that has not been altered since cultivation began, spelt has 30% more protein than standard whole wheat. Rich in vitamins and minerals, spelt also has significantly less gluten than whole wheat, making it easier to digest, though not gluten-free.

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Thrive Staple Foods (cont'd)

- **Teff**

Not only a delicious, teff is a grain rich in minerals including boron, phosphorus, magnesium, copper, zinc, and iron (almost twice as much iron as whole wheat).

- **Millet**

One of the most easily digested grains, millet is very nutrient dense, and is high in B vitamins, magnesium, and essential amino acids.

PROTEINS

Legumes

High in protein, fiber, carbs, and vitamins and minerals, legumes have a prized nutritional profile when it comes to a plant-based diet. Prepare by soaking prior to cooking to ease the digestive process, and increase absorption of essential nutrients.

Beans

- Adzuki
- Black
- Chickpeas
- Fava
- Kidney
- Navy
- Pinto

Lentils

- Brown
- Green
- Red

Peas

- Black-eyed
- Green (split)
- Yellow (split)

Seeds

Rich in Omega fatty acids essential for your body to function optimally, seeds are a good source of protein and minerals. Plenty of Omega-3 and healthy Omega-6s in the diet is essential for hormone balance, limiting inflammation, supporting brain function, and healthy body composition.

- **Flaxseed**

Excellent source of Omega-3 and insoluble/soluble fiber

- **Hempseed**

High in Omega-3 and protein

- **Pumpkin seeds**

High in zinc

REFERENCE

Thrive Staple Foods (cont'd)

- **Sesame seeds**
High in calcium
- **Sunflower seeds**
Good source of healthy Omega-6
- **SaviSeeds (sacha inchi)**



The richest plant-based source of Omega-3 ALA on the planet, SaviSeeds are gluten free and packed with protein.

Pseudograins

A misnomer, pseudograins are actually seeds commonly confused with grains. These seeds are gluten-free and less starchy, which improves digestibility. Pseudograins are generally excellent sources of protein, though not every pseudograin has a complete amino acid profile.

- **Amaranth**
- **Buckwheat**
- **Wild rice**
- **Quinoa**

FATS

Oils

Whole food-derived oils that are minimally-processed provide essential healthy fats like Omega-3 and Omega-6. However, all oils are not created equal; look for cold-pressed oils that have not been chemically altered.

- **Hemp oil** (Omega-3 and chlorophyll rich)
- **Flaxseed oil** (Omega-3 rich)
- **Extra-virgin olive oil** (rich in healthy Omega-6, but with minimal Omega-3 content)
- **Pumpkin seed oil**
- **Coconut oil (virgin)**



Medium-chain triglycerides in coconut burn like a carbohydrate, offering immediate energy.

REFERENCE

Thrive Staple Foods (cont'd)

Nuts

Delivering a balance of quality protein and healthy fats, nuts are better digested after soaking.

- Brazil nuts
- Cashews
- Filberts
- Almonds
- Hazelnuts
- Pecans
- Pine nuts
- Pistachio
- Walnuts
- Macadamia nuts

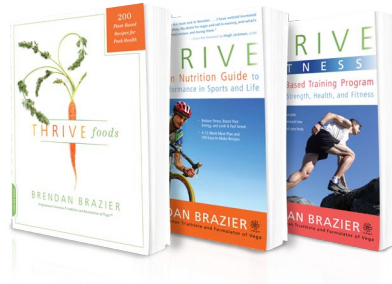


Among the most nutrient-dense nuts, almonds are resilient to mold and fantastic for soaking and sprouting. High in B2, fiber, and antioxidants.



Rich in omega 7 & 9, non-essential omegas that the body can produce but provide positive nutritional benefits. Great for baking, desserts, these nuts don't have to be soaked.

For more **Thriving** check out
Brendan's Thrive Trilogy of books.



Thrive Foods, Thrive: The Vegan Nutrition Guide, and Thrive Fitness
(In Canada: Whole Foods to Thrive, Thrive Diet, and Thrive Fitness)

USA: Da Capo Press | Canada: Penguin