

PLANT FORWARD

START SIMPLE

A diet including a variety of plant sources is recommended to prevent and manage chronic disease risks from cancer to heart health.

PREPARE

Consider your time, energy, interest, and current daily needs. Narrow down your favorites and challenge your comfort level.



PLANT-BASED EATING

Quality animal products provide complete protein, giving the body all 11 essential amino acids. While a plant-based diet can be a rich source of most nutrients, meal planning is key to prevent deficiencies such as essential amino acids, Iron and Vitamin B12.

Balance: 25% protein - two sources plant-based at meatless meals + 50% fruits & vegetables + 25% whole grains/starches with healthy fats added or used in cooking to meet daily nutrient needs.

PANTRY BASICS

INTACT GRAINS

oats	barley
farro	bulgur
wheatberries	teff GF
wild rice GF	millet GF
buckwheat GF	
quinoa GF	
corn GF	

GF = gluten free

PLANT PROTEINS

lentils	black beans
chia seeds	sprouted grains
green peas	quinoa
edamame	nut butter
almonds	chickpeas
seitan	tofu
oats	tempeh
wild rice	pumpkin seeds



PLANT AWARE

FUNCTIONAL FOOD COMBINATIONS

Each food is a combination of macronutrients, vitamins and minerals which interact synergistically in our body. Diversify your meals to reap optimal nutrition benefits. Food pairings can improve absorption of nutrients, increase feelings of satiety and balance blood sugar.

Plant Protein Pairs

Plant proteins are incomplete, making pairing important. Try to diversify plant proteins. Try quinoa & white beans in salads, wild rice & almonds in a side dish, chickpeas & edamame in a stir fry.



Protein & Produce

Combine protein & produce for optimal blood sugar balance, adding fiber and hydration through produce. Try berries and walnuts, peppers and hummus, celery or an apple with peanut butter.

Iron & Vitamin C

Iron is crucial for energy & immune function. All U.S. grain products are fortified with iron. Vitamin C helps absorb iron. Try red bell peppers & spinach w/wild rice, cream of wheat with strawberries & white bean salad w/mandarin oranges.



Calcium & Vitamin D

Two minerals essential for bone health are calcium & Vitamin D. Calcium helps build and repair bone, vitamin D aids calcium absorption. Calcium is found in milk alternatives, broccoli, tofu, and chia seeds.

Fiber & Healthy Fat

Feeling satisfied after a meal helps us stay energized and productive. Pair foods that are high in fiber with varied healthy fat sources. Enjoy a kale salad w/avocado, broccoli slaw w/slivered almonds, oatmeal w/berries & flaxseed.



Carotenoids & Healthy Fat

Carotenoids aid the immune system & reduce inflammation. Healthy fats help absorb the carotenoids. Pair red, orange, dark green vegetables with healthy fats; dice bell peppers into guacamole, wilt spinach in olive oil, cook butternut squash w/pepitas.

PLANT PROTEIN

TOFU TIPS

1. Choose extra firm, found in most grocery stores
2. Strain liquid from tofu block; place in a clean dish towel (or paper towels) wedged between two small plates. Place a heavy item on top for pressure to squeeze out excess moisture. Let sit at least 30min.
3. Cut drained tofu into segments and place in marinade of choice.
4. Adding a tablespoon of cornstarch makes a difference in cooking tofu giving it a crunchier texture after its been baked.

NOOCH CHEESE SAUCE

Easy and quick homemade vegan cheese sauce made with nutritional yeast flakes. Use in savory dishes; Mac & Cheese, pizza, lasagna, as a dip & more!

INGREDIENTS

- 2 TBSP coconut oil or vegan butter
- 1/3 cup all purpose flour
- 1/2 tsp salt
- 1/4 tsp curry powder
- 1/4 tsp paprika powder
- 1/4 tsp ground pepper
- 1/8 tsp garlic powder
- 1/3 cup nutritional yeast
- 1/2 cup water



DIRECTIONS

1. Heat the coconut oil or vegan butter in a small pot on low heat
2. Add the salt, pepper, paprika powder, curry & garlic powder
3. Add the flour and whisk
4. Add the nutritional yeast, whisk again until clumpy
5. Add the water and whisk on low heat for a few minutes. If it gets too thick, add a bit more water and whisk again.

Note: If not used immediately, sauce will thicken. Whisk in a splash of water.

Source: elephantasticvegan.com

PLANT PROTEIN

SEITAN

This easy seitan recipe is perfect for beginners. Use seitan as a vegan meat substitute in stir-frys, gravies, soups, and sandwiches.

INGREDIENTS

Seitan

- 1 cup vital wheat gluten
- 1/3 cup chickpea flour
- 2 TBSP nutritional yeast
- 3/4 cup vegetable broth
- 2 TBSP soy sauce

Broth (For Simmering)

- 3 cups vegetable broth
- 1/2 small onion, roughly chopped (optional for extra flavor)
- 3 garlic cloves, bashed (optional for extra flavor)
- 1 cup water (more as needed)



DIRECTIONS

1. Combine the dry ingredients in a bowl and whisk until combined
2. Pour in the soy sauce and vegetable broth and stir. Once a dough forms and becomes firm, begin kneading it with your hands.
3. Knead for 8 minutes until it feels elastic
4. Let the seitan dough rest for 5 minutes
5. Simmer or steam your seitan

TO SIMMER

1. Roll the seitan into a log, and wrap it in cheesecloth, tied at each end
2. Combine the water, vegetable broth, onion, and garlic cloves into a large pot. Bring to a boil. Once boiling, bring to a simmer.
3. Add your seitan to the pot. The broth should cover about 3/4 of the seitan. If it doesn't, add more water.

Source: daughtersofseitan.com

Food For Thought:

One pound of meat provides approx 50% fewer calories and nutrition (phytochemicals and fiber) than 1 pound of grain. Cattle need 3 pounds of grain and 4,226 gallons of water to produce the 1 pound of meat.

Source: foodandnutrition.org/blogs/stone-soup/plant-protein-made-easy