

21-Day Eat Well



Eat plant-based meals toolkit

March 2 -22, 2015

What are plant-based meals?

A whole-food, plant-based diet is centered on whole, unrefined, or minimally refined plants. Minimize or exclude eating meat, dairy products, eggs and highly refined foods like bleached flour, refined sugar and oil.

Film Shown during challenge: *Forks Over Knives* <http://www.forksoverknives.com/>

Eat Well at home: Shopping List Suggestions

Make sure all ingredients are whole foods, are as natural as possible with no added artificial ingredients and are oil-free and sugar-free.

Fruits/Vegetables in season: arugula, asparagus, avocados, beets, see entire list <http://www.cuesa.org/eat-seasonally> (stores will offer pre-cut and frozen options)

Legumes: kidney beans, chickpeas, lentils, lima beans, cannellini beans, black beans, etc (dried or canned)

Plant-based Milk: Almond, Coconut, Hemp or Rice, etc

Nuts/Seeds: Walnuts, almonds, cashews, pumpkin seeds, sunflower seeds, flax seeds

Tubers and starchy vegetables: Potatoes, yams and yucca

Whole Grains: Brown rice (you may find this pre-cooked and frozen at grocery stores), quinoa, brown pasta, whole grain bread, wheat pita bread

Tips

Plan ahead to pre-portion your meals

Offsite or eating on the run?

- ❖ Stop by a salad bar, pick up a grilled vegetable sandwich on a wheat bun
- ❖ Buy whole-grain pita pockets with hummus or whole-grain crackers

Eat fresh and shop local: Purchase community supported agriculture “CSA” and pick up fresh/local/organic foods at a local convenient spot. Great if you don’t have time for shopping, food as low as \$17 per box (split with a colleague!)

<http://www.southcentralfarmers.com/scfcoop/shop/categories/CSA-Boxes/>

Avoiding Dairy? Milk Alternatives article http://www.nutritionaction.com/daily/what-to-eat/what-to-eat-the-best-non-dairy-milks-you-can-buy/?mqsc=E3791410&utm_source=WhatCountsEmail&utm_medium=Nutrition+Action+Daily+Tips+Week%20In%20Review&utm_campaign=2015.03.15%20Week%20in%20Review

Turn Leftovers into Lunch “Pasta and Grains” – Leftover plain pasta, rice, quinoa, or other grain can easily evolve into a lunch by using this simple formula: for every cup of pasta or grain, add 1/3 to 1/2 cup diced raw or cooked vegetables and toss with your favorite vinaigrette (recipe <http://www.forksoverknives.com/print/recipe.php?id=23103>). Add 1 to 2 tablespoons chopped nuts, scallions, seeds or chopped dried fruit, if desired.

Recipes

[Bean and Corn Enchiladas](#)

[Spinach Lasagna](#)



Helpful Websites

Eat Seasonally and search recipes <http://www.cuesa.org/eat-seasonally>

Eating healthy at home [Nourish RDs Blog](#)

Feel like eating out? <http://www.healthydiningfinder.com/>

Meatless Monday's <http://www.meatlessmonday.com/>

Nutrition Facts <http://nutritionfacts.org/>

Happy Herbivore <http://happyherbivore.com/>

Vegan sites:

<http://ohsheglows.com/>

<http://www.theveganrd.com/>

Tell us how well you did

<http://www.surveygizmo.com/s3/2064770/21-Day-Eat-Well-Challenge>