

# 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](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/>

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Tell us how well you did

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