

# Reset & Rise Community Resource

## PLANT BASED MEAL IDEAS

### **Breakfast:**

- *Overnight oats made with rolled oats, chia seeds, almond milk, and topped with sliced bananas and almonds*
- *Avocado toast with whole grain bread, mashed avocado, and cherry tomatoes*
- *Smoothie bowl made with frozen berries, banana, spinach, and almond milk, topped with granola and shredded coconut*

### **Lunch:**

- *Quinoa and black bean salad with cherry tomatoes, corn, red bell pepper, and a homemade vinaigrette*
- *Veggie wrap with roasted vegetables, hummus, and leafy greens, wrapped in a whole grain tortilla*
- *Mixed vegetable stir-fry with tofu, brown rice, and a variety of vegetables, such as bell peppers, onions, and broccoli*

### **Dinner:**

- *Roasted vegetable and bean burrito with whole grain tortillas, roasted vegetables, black beans, and guacamole*
- *Vegetarian chili with kidney beans, tomatoes, onions, bell peppers, and spices, served over brown rice*
- *Grilled portobello mushrooms topped with marinated tomatoes, basil, and balsamic vinegar, served with a side of roasted vegetables and quino.*

*These are just a few examples, but the possibilities for whole food plant-based meals are endless. You can also try incorporating more plant-based proteins, such as beans, lentils, and tofu, into your meals, and be sure to include a variety of fruits and vegetables for maximum nutrition.*