

Reset & Rise Community Resource

TIPS FOR GOING MORE PLANT BASED

- *Start small: If you're not used to eating a lot of plant-based foods, it can be overwhelming to try to switch to a fully plant-based diet overnight. Instead, try incorporating more plant-based foods into your diet gradually. You could start by adding a few vegetarian meals to your weekly meal plan, or replacing one animal-based protein with a plant-based protein, like beans or tofu, in a couple of meals each week.*
- *Experiment with different plant-based proteins: There are many plant-based protein sources to choose from, including beans, lentils, tofu, tempeh, and nuts and seeds. Try incorporating a variety of these into your meals to add flavor and variety.*
- *Incorporate more whole grains: Whole grains, such as quinoa, brown rice, and oats, are a good source of plant-based protein and can be used as a base for many dishes. Try using whole grains as a replacement for refined grains, like white rice or pasta.*
- *Don't forget about fruits and vegetables: Fruits and vegetables should be a key part of any plant-based diet. Try to include a variety of different types, both for flavor and for the different nutrients they provide.*
- *Learn how to meal prep: Meal prepping can be a helpful way to ensure you have healthy plant-based meals on hand when you're short on time. Consider preparing a large batch of grains or beans on the weekend, and then using them as the base for quick, easy meals throughout the week.*
- *Find plant-based alternatives to your favorite dishes: If you're having a hard time giving up your favorite dishes, try finding plant-based alternatives. For example, you could try making a vegetarian version of your favorite pasta sauce or using tofu instead of meat in a stir-fry.*
- *Overall, the key to eating more plant-based is to be creative and find foods that you enjoy. Don't be afraid to experiment with different ingredients and recipes, and try to make small changes to your diet over time.*