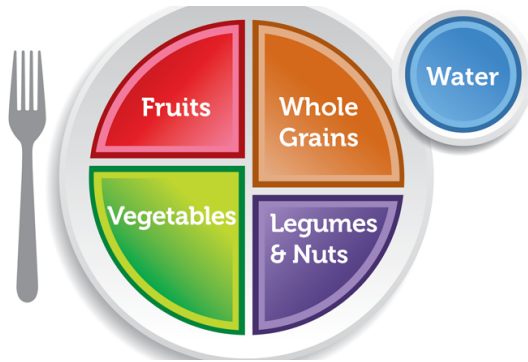


EASY PLANT-BASED EATING

Visit spiritedvegan.com for
recipes, tips, and inspiration

EAT MORE PLANTS



PERFECT YOUR PORTION SIZES

Fist = one cup (veggies and fruits)

Scooped hand = 1/2 cup (starchy veggies or grains)

Palm = 4 oz (protein)

Thumb = 1 Tablespoon (healthy fat like nuts/seeds/avocado/olives)

GET ALL OF YOUR NUTRIENTS

PROTEIN: Beans, lentils, nuts, and seeds have the most protein, followed by vegetables and fruit.

B-12: Take a liquid supplement.

CALCIUM: Leafy greens are high in calcium, as well as beans and tofu.

BATCH COOK & MEAL PREP

- Steam, roast, or saute a variety of vegetables.
- Batch cook large quantities of grains and pasta using the "pasta method"
- Choose two or more sauces/dressings
- Marinate a batch or two of tofu or tempeh and bake.
- Cook a pot of beans or used canned.
- Have tortillas/wraps and leafy greens/raw produce and nuts/seeds on hand.

Then create:

- Wraps/burritos
- Buddha Bowls/Salads
- Pasta Dishes
- Stir-fry
- Pizza/Flatbread
- Sandwiches

Salad-in-a-jar

Bottom: dressing

Next: beans and sturdy veggies

Next: whole grains and soft veggies

Top: leafy greens and herbs

Overnight oats

.3/4 cup oats + 3/4 cup non-dairy milk + 1 fist fruit + 1 thumb nuts/seeds + 1 thumb nut/seed butter

Want more? Enroll in my plant-based meal prep course at whollyprep.com

* Use code "CCWC" for \$50 off!

TAKE NOTES

WHAT'S THE MOST HELPFUL
THING YOU LEARNED TODAY?

TODAY I WILL:

"AHA" MOMENTS