

GUIDE TO FLEXIBLE PLANT-BASED EATING

Spoonful of Plants

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BEGINNER'S GUIDE

You don't have to commit to being vegan or vegetarian to enjoy the benefits of a plant-based diet. Your meals can be flexible depending on your preferences and lifestyle. This eating pattern focuses on whole foods derived from plants, while limiting animal products and highly processed foods that often contain large amounts of sugar and sodium.

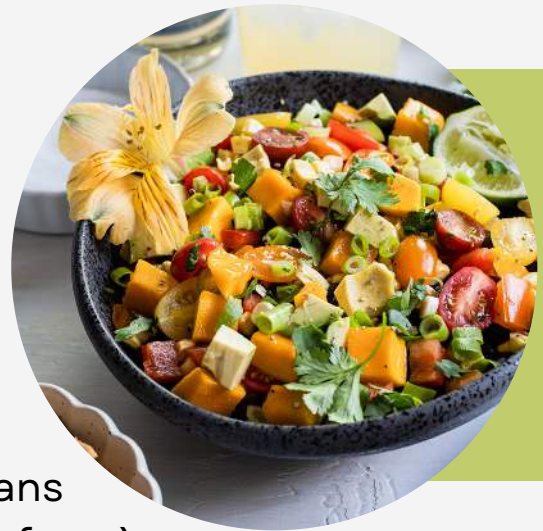


WHY EAT PLANT-BASED

- Reduced risk of diseases such as diabetes, heart disease, obesity and cancer
- Non-restrictive, does not exclude food groups
- Sustainable
- Budget friendly
- Satisfying and delicious
- High in fiber
- Recommended by major medical institutions

STOCK YOUR PANTRY

Here's a list of pantry ingredients you'll want to have on hand so you can whip up quick and easy meals:



- dried lentils (green, yellow and red)
- beans (canned or dried) cannellini beans, chickpeas, kidney beans, black beans
- whole grains (quinoa, brown rice, barley, farro)
- pasta (can be gluten-free, whole grain or regular)
- jarred vegetables (artichokes, roasted peppers, sundried tomatoes)
- coconut milk

- nuts (cashews, walnuts, almonds, pistachios)
- dried fruits
- chia seeds
- flax seeds
- protein powder



- low sodium vegetable Broth
- 100% whole grain breads, crackers & cereals
- oatmeal
- whole grain flours



- tofu
- tempeh
- veggie Burgers
- coconut, dairy-free yogurt or regular greek Yogurt
- vegan or regular low fat cheeses

MEAL PREPPING

Meal prepping is a valuable tool that can help keep you on track especially during the week. I recommend pre-cooking grains to add to salads to make them hearty. Wash, chop up or cut up fruits and vegetables for quick use in oatmeal, smoothies, soups, salads and snacks.

REFRIGERATOR/FREEZER BASICS

What you stock in your fridge will ultimately depend on what's in season, fresh, your budget, and preferences. Here are some basic staples items:

- plant-based milks (almond, oat, rice or soy or regular low fat milk)
- fresh seasonal fruits + avocado
- fresh seasonal vegetables
- salad greens (arugula, spinach, kale, mixed greens and pesto)
- fresh and dried herbs (parsley, basil, thyme, rosemary, turmeric, ginger)
- frozen fruits and vegetables



Green
Smoothie
Bowl



Create Your Meal Plan

Choose recipes that excite you! Experiment with different plant-based alternatives to meat like tofu, which can be prepared so many different ways (like in my recipe for Italian Tofu Sandwich with eggplant caponata). Try different types of cooking methods like roasting or air-frying which can the enhance flavor and texture of vegetables.

Here's a list of my favorite books and magazines for more inspiration:

America's Test Kitchen The Complete Plant-Based Cookbook | Love & Lemons Feel Good Food Cookbook | Forks Over Knives Magazine | America's Test Kitchen Vegan For Everybody | Veg News Magazine



Spaghetti
with Lentils
and Chard



Spiced
Carrots

Sample Meal Plan

Breakfast

Turkish Eggs

Lunch

Pickled Beet Salad

Dinner

Farfalle, Spinach & White Bean
Pasta

Snack Ideas:

Fruit, Nuts, Pumpkin Seeds, Veggies & Hummus, Low Fat Cheese & Crackers, Unsweetened Yogurt, Light Popcorn, Edamame, Chia Pudding, Granola, Smoothies, Healthy Muffins, Protein Powder Shakes

