My Whole Food Plant Based Plate

Vegetables

*Non-starchy*: carrots, broccoli, romaine lettuce, spinach, mushrooms, green beans

*Starchy*: potatoes, sweet potatoes/yams, peas

*Try something new*: squash varieties (acorn, butternut, spaghetti), eggplant, bell peppers, kale, rutabaga, beets, asparagus

Fruits

*The staples*: apples, bananas, oranges, berries, watermelon, pineapple, grapes, tomatoes, bell peppers

*Try something new*: avocados, mangos, kiwis, peaches, plums, cherries

Beans & Legumes

Split peas, lentils, kidneys, red beans, white beans, lima beans, soy (edamame)

Grains

*The staples*: oats, rice varieties (brown, wild, black, basmati), barley, corn (including popcorn)

*Try something new*: quinoa, bulgur, spelt, millet, steel cut oats

Nuts & Seeds

*The Staples*: almonds, walnuts, cashews, sunflower seeds, pumpkin seeds

*Try something new*: Brazil nuts, hazelnuts, sesame seeds, flaxseed, chia seeds
Sample Menu

Breakfast
Oatmeal
- Cook it with apple juice
- Mix-in’s: peanut butter, chopped nuts, raisins, berries, diced apples, bananas, etc.

Sides
Potatoes/sweet potatoes
- Bake it
- Roast it
- Mash it
- Grill it
Raw veggies
- Chop it
- Steam it
- Grill it
- Stir-fry it

Salads
Romaine
- Tomatoes, cucumbers, sunflower seeds, chickpeas, mandarin oranges, sesame seeds, carrots, etc.
Spinach
- Walnuts, mushrooms, strawberries, kiwi, pecans, black beans, etc.
Grains/Legumes
- Quinoa and black beans, three bean salad, sweet potato and kale salad, etc.

Entrees
Veggie chili
Stir-fry’s
Bean quesadillas/burritos/tacos
Veggie and/or bean Soups
*Rule of thumb: a grain, a green, and a bean

Snacks
Nuts and seeds
Trail mix
Fresh or dried fruit
Veggies and hummus

Two days of Whole Food, Plant Based eating

My Whole Food, Plant Based Grocery List
My Goals

What is my goal?
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____________________________________________________________________________________

____________________________________________________________________________________

What is this goal important to me?
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What are some barriers I will encounter in my pursuit of this goal? Identify steps to overcome these barriers.
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Who will support me in achieving this goal?
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Nutrients of Concern

Iron
- Important component of a protein called hemoglobin which helps carry oxygen to your body’s cells.
  - *How do I get enough?*
    - dried beans
    - dark leafy greens
    - whole grains
    - dried fruit
    - fortified breads, cereals, and tofu/soy products
    - Cook with iron cookware.
    - Eat high iron foods with foods high in vitamin C (citrus, tomatoes)
    - Avoid drinking coffee or tea with meals

Calcium
- Important in bone development and maintenance. Also important in muscle contraction.
  - *How do I get enough?*
    - dark leafy greens
    - broccoli
    - almonds
    - fortified cereals, plant-based milks, and tofu/soy products.

Vitamin B₁₂
- Important component of red blood cells, nerve function, and DNA synthesis.
  - *How do I get enough?*
    - fortified cereals, breads, plant-based milks, and tofu/soy products.

Zinc
- Important in immune function, DNA and protein synthesis, and wound healing.
  - *How do I get enough?*
    - whole grains
    - nuts
    - fortified cereals

*SMART*
Specific – Measurable – Attainable – Relevant – Time bound
**Lentil Sloppy Joes**

1 cup uncooked green lentils  
4 cups water  
1 tablespoon olive oil  
1 medium yellow onion, diced small  
1 green pepper, diced small  
2 cloves garlic, minced  
3 Tablespoons chili powder  
2 teaspoons oregano  
1 teaspoon salt  
8 oz. can tomato sauce  
1/4 cup tomato paste  
3 tablespoons maple syrup  
1 tablespoon yellow mustard  
4 to 6 kaiser rolls or sesame buns (optional – for serving)

Put the lentils in a small sauce pot and pour in 4 cups water. Cover and bring to a boil. Once boiling, lower heat and simmer for about 20 minutes, until lentils are soft. Drain and set aside.

About 10 minutes before the lentils are done boiling, preheat a medium soup pot over medium heat. Sauté the onion and pepper in the oil for about 7 minutes, until softened. Add the garlic and sauté a minute more. Add the cooked lentils, the chili powder, oregano and salt and mix. Add the tomato sauce and tomato paste. Cook for about 10 minutes.

Add the maple syrup and mustard and heat through. Turn the heat off and let sit for about 10 minutes, so that the flavors can meld, or go ahead and eat immediately if you can’t wait.

**Chickpea Poppers**

Yield: 4 cups  
4 cups cooked chickpeas, or 2 (12-ounce) cans chickpeas  
1 tablespoon masala (garam, chaat, chana, or sambhar — also, feel free to substitute any other spice blend from Chinese to Italian)  
2 teaspoons coarse sea salt  
2 tablespoons oil  
1 teaspoon red chili powder, cayenne or paprika

1. Set an oven rack at the highest position and preheat the oven to 425 degrees. Line a baking sheet with aluminum for easy cleanup.
2. Drain the chickpeas in a large colander for about 15 minutes to get rid of as much moisture as possible. If using canned, rinse first.
3. In a large bowl, gently mix together the first four ingredients.
4. Arrange the seasoned chickpeas in a single layer on the baking sheet.
5. Cook for 15 minutes. Carefully take the tray out of the oven, mix gently so that the chickpeas cook evenly, and cook another 10 minutes.
6. Let cool for 15 minutes. Sprinkle with the red chili, cayenne or paprika.

*Anupi Singla, Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes*

**Instant Chocolate pudding**

1 ½ cups firm silken tofu, crumbled  
¼ to ½ cup dry sweetener or pure maple syrup  
1/3 cup unsweetened cocoa powder  
2 teaspoons vanilla extract  
Pinch of salt

Place all ingredients in a food processor or blender and blend until smooth and creamy. Chill until serving time. Makes approximately 1 ¾ cups pudding.

*Forks Over Knives Cookbook*