

GOING PLANT-BASED



A SIMPLE GUIDE TO VEGAN EATING

Rütsu
NUTRITION

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GOING PLANT-BASED

Welcome to the Going Plant-Based handbook! Transitioning to vegan eating does not have to be difficult, despite what you may have heard.

This starter kit provides you with actionable steps to take when going vegan. If you're starting from zero, that's okay! When changing your habits and lifestyle, it's important to focus on **progress vs. perfection**.

Going plant-based has shown to provide **so many benefits** for your health. Plant-based diets have shown, time and time again, to prevent and even reverse many diseases such as cardiovascular disease and type 2 diabetes.

Nowadays, there is such great access to vegan food. Not only do many restaurants offer vegan options, but the variety of plant-based alternatives in grocery stores has expanded largely over the last few years. **Now is the time to take charge of your health and go plant-based.**

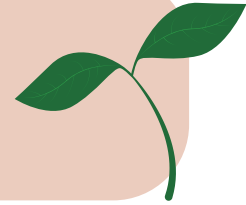
Vegan eating is not only beneficial for you, but for the sake of animals and the world around you!

TO DO:

- Assess where you are currently
- Explore your WHY
- Set individual goals
- Learn to build healthy balanced meals
- Get rid of non-vegan items at home
- Implement vegan meals
- Maintain a healthy lifestyle!



SELF ASSESSMENT



How many meals do you eat per day that contain animal products?

Which meals usually always includes animal product?

Do you eat any fully plant-based meals? If so, how often?

Are you aware of vegan restaurants in your area? If no, which would you like to try?

Are there vegan people in your circle? Is there a vegan community where you live?

MY WHY

Explore and write down your WHY for going plant-based:

CURRENT HABITS

Make a list of 1-3 good health habits you have.

Make a list of 1-3 poor health habits you have that you'd like to improve on.

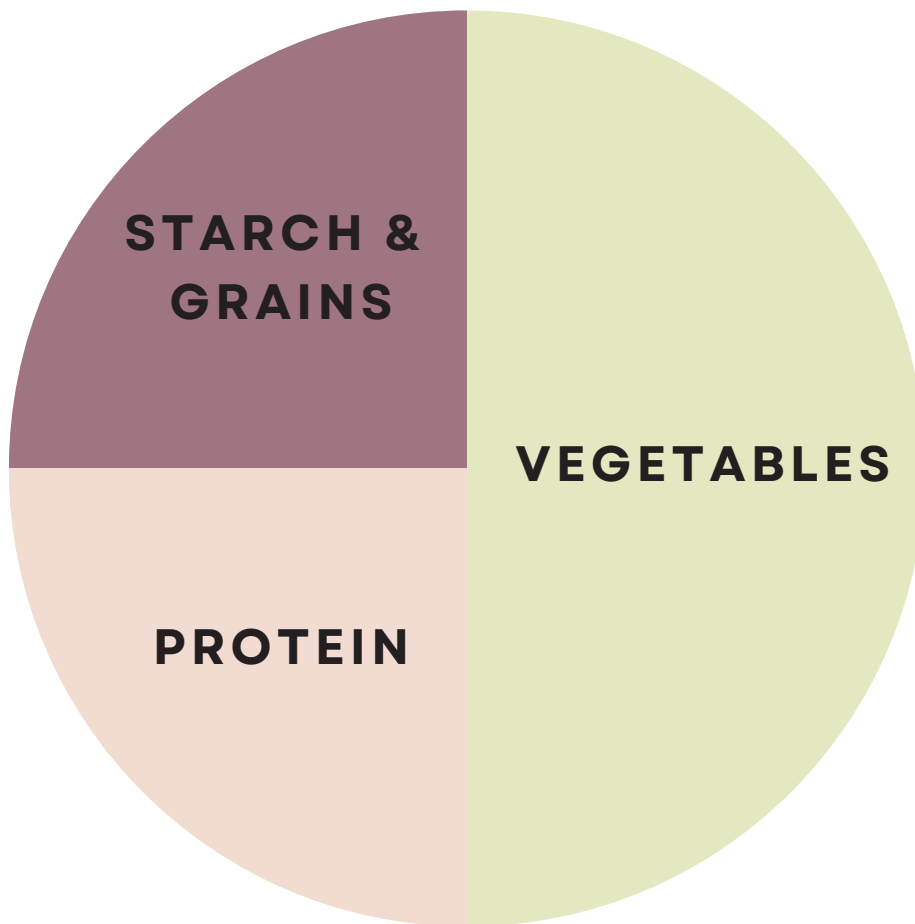
GOAL SETTING

Set 1-2 goals for yourself. Be specific!

MEAL PLANNING

Individual nutrition recommendations do vary, so be sure to talk with your dietitian. However, it's still very important to understand the basics of meal planning and healthy eating.

Learning to balance your meals not only improves satiety, but will provide you with a variety of nutrients your body needs to function!



- Be sure to include high calcium and iron foods such as dark green leafy vegetables, beans, legumes, nuts and seeds
- Take your Vitamin B12 supplement daily
- Drink plenty of water & avoid sugar sweetened beverages

50% non-starchy vegetables: *broccoli, cauliflower, peppers, greens, tomatoes, carrots, mushrooms, etc.*

25% whole grains & starches: *quinoa, brown rice, whole wheat bread, whole wheat tortillas, sweet potato, potato, corn.*

25% protein: *tofu, tempeh, beans, lentils.*

Small portions of healthy fat: *avocado, nuts, seeds, olive oil, avocado oil, nut butters.*

GROCERY STAPLES

Stock your home with healthy foods. Start to slowly discard non-vegan items and junk foods. You have to shape your environment in order to meet your goals.

Use this grocery shopping guide:

VEGETABLES

Cauliflower
Broccoli
Peppers
Zucchini
Mushrooms
Kale
Spinach
Collard Greens
Green Onions
Cabbage
Radishes
Artichoke
Asparagus
Celery
Cucumber
Eggplant
Okra
Tomato
Water Chestnut
Squash

PROTEIN

Black Beans
Pinto Beans
Kidney Beans
Garbanzo Beans
Lentils
Tofu
Tempeh
Edamame
Seitan
Vegan Meats
Protein Powder

HEALTHY FATS

Nuts (lightly salted)
Chia Seeds
Hemp Seeds
Olive Oil
Avocado Oil
Avocado
Natural Nut Butters

GRAINS & STARCHES

Brown Rice
Wild Rice
Quinoa
Whole Grain Bread
Ezekiel Bread
Whole Grain Pasta
Chickpea/Lentil Pasta
Old Fashion Oats
Steel Cut Oats
Potato
Sweet Potato
Corn / Popcorn
Barley

OTHER

Nutritional Yeast
Sauces / Condiments
Spices / Seasonings

Shopping Tips:

1. Purchase in-season fruits and vegetables
2. Buy bulk when possible to save money
3. Always keep frozen fruits & vegetables on hand
4. Pre-plan meal ideas before shopping
5. Always read food labels to compare sugar, sodium and fat content
6. Only purchase highly processed vegan meats/cheeses on occasion
7. Most importantly, don't go to the grocery store hungry!

WHERE TO START

Based on your self assessment and personal goals, now you can decide how you're going to move forward with plant-based eating.

For example: If you noted that you consume no vegan meals currently, start with just 1 per day and work your way up to 3. If you eat a few vegan meals per week, try to double the amount.

If you already eat 3 meals per day that are fully vegan, work on refining your nutrition by balancing meals, reducing any processed or junk foods and trying new recipes!

If you have no idea where to begin, I recommend trying a three week transitional period.

Week 1: Eat ONE meal per day fully plant-based

Week 2: Eat TWO meals per day fully plant-based

Week 3: Eat THREE meals per day fully plant-based

Each week, find a new vegan restaurant or meal option in your area.

Start by using the sample menu provided

-OR-

look up the vegan version of your favorite recipes!

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SNACK IDEAS

Fruit & Nut Butter

Non-Dairy Yogurt & Berries

Veggies & Hummus

Mixed Nuts

Whole Grain Crackers & Guacamole

Corn Tortilla Chips & Salsa

Peanut Butter & Banana Toast

Lightly Salted Edamame

Popcorn

Avocado Toast

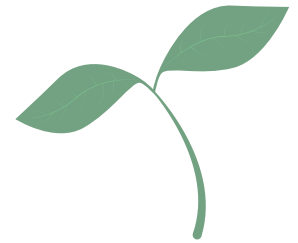
Fruit Smoothie

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MEAL PLAN

DAY 1



Breakfast

Berry & Banana Overnight Oats

Ingredients:

1/2 cup old fashion oats
1 tbsp chia seeds
1 tbsp hemp seeds
1/2 cup fresh blueberries
1/2 of a banana, sliced
2 tbsp peanut butter
1/2 cup unsweetened plant-based milk

How to: Add oats, blueberries and plant milk to a jar and place in the fridge overnight. In the morning, add chia seeds, hemp seeds, banana and peanut butter. Top with cinnamon! Optional: add 1 scoop of vanilla plant-based protein powder.

Lunch

Veggie & Hummus Wrap

Ingredients:

1 whole wheat tortilla
2 tbsp hummus of choice
1 handful of spinach
1 handful of sliced bell peppers
1/4 cup diced tomato
1/2 small avocado, sliced
1/3 cup garbanzo beans
Sprinkle of sliced almonds

How to: Add all ingredients into the whole wheat tortilla & wrap! Optional: add hot sauce or low-fat dressing.

Dinner

Tofu Tacos

Ingredients:

1 block of tofu
1 packet of low-sodium taco seasoning
2-3 garlic cloves
1/2 cup sliced onion
1 handful of cilantro
1/2 cup salsa
1/2 avocado sliced
2 tbsp non-dairy sour cream
3 corn tortillas

How to: Mash the tofu & mix with taco seasoning. Pan fry the tofu with garlic and onion until light brown. Add tofu mixture to taco shells. Top with cilantro, salsa, avocado and sour cream. Optional: add a side of black beans and rice.

MEAL PLAN

DAY 2



Breakfast

Tofu Scramble

Ingredients:

1/2 block extra firm tofu
1 tbsp garlic minced
1 handful chopped onion
2-3 tbsp nutritional yeast
1 tbsp avocado oil
1 cup spinach
1/2 cup chopped bell peppers
1/2 small avocado, sliced
Pinch of turmeric, salt and pepper

***How to:** Mash the tofu in a bowl with all the ingredients. Mix all ingredients in a pan on medium heat until tofu is lightly browned. Top with the sliced avocado. Serve with a slice of whole wheat toast or fruit.*

Lunch

Quinoa Salad

Ingredients:

1 cup cooked quinoa
3/4 cup chickpeas (or beans of choice)
1/2 small avocado sliced
1/2 cup chopped tomatoes
1/4 cup chopped olives
1/4 cup chopped cilantro
1/2 cup chopped purple cabbage
Add any other veggies of choice!

***How to:** Cook the quinoa and cut/prepare vegetables. Add all ingredients to a bowl and toss in a low-fat dressing of choice. I recommend miso ginger dressing or a vegan ranch dressing.*

Dinner

Tempeh Bacon, Lettuce & Tomato Sandwich

Ingredients:

2 slices of whole grain bread
1 tbsp of vegan mayo
2 slices of tomato
2 pieces of romaine lettuce
1/4 block of tempeh
1 tbsp olive oil
1 tsp liquid smoke
1 tbsp liquid aminos

***How to:** Slice the tempeh into thin strips. Pan fry with liquid smoke, liquid aminos and olive oil. Place all ingredients on bread to make a sandwich. Add a side of sliced fruit of your choice!*





**For 1:1 Nutrition Counseling visit:
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