
Plant-Powered Plate:

Easy Steps to a
Plant-Based Diet



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Meet the Author!

Jen is a Registered Dietitian and owner of Prana Nutrition, LLC. She specializes in plant-based nutrition and food sensitivities. She completed her Bachelor's and Master's degrees in Philadelphia, PA before completing a rigorous dietetic internship at Yale-New Haven Hospital in New Haven, CT. Jen has a passion for healthy living and a deep appreciation for the fundamental role that food plays in a healthy lifestyle. She is a Certified Plant-Based Cook, a Certified Lactation Counselor, a Certified Lifestyle Eating And Performance (LEAP) dietitian, and a registered yoga teacher.



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Hello!

Congratulations on choosing to adopt a plant-based diet! You're taking one of the most powerful steps you can to improve your health and prevent chronic disease. Changing your diet to include more plants can help you live longer, lose weight, help the environment and animals, and boost your immune health.

This plant-based e-book is designed to provide you with education, resources/tools, and inspiration to get started on your plant-based journey. Working one-on-one with a qualified plant-based dietitian [like Jennifer](#) can help you reach your long-term health and wellness goals, by offering a personalized approach to your health journey.



If you're ready to move towards a plant-based diet but aren't sure where to start then you're in the right place! I'll offer you tips, tools, and lots of insight to make the transition both fun and easy!



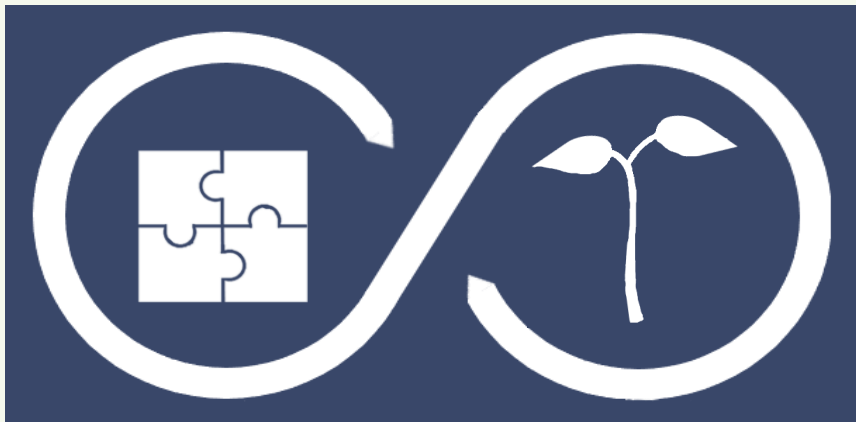
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What is a *Whole-Food, Plant-Based Diet ?*

A whole-food, plant-based diet is based on the following principles:



- 1.** Whole-food describes foods that are whole, unrefined or minimally refined. They are not heavily processed and are as natural as possible.
- 2.** Plant-based means that all of the foods you consume come from plants. This excludes all animal products such as meat, dairy, eggs, and honey.

So, a whole-foods, plant-based diet provides all the nutrients you need through minimally processed plant foods.



What Can You Eat?

Here's a quick look at the food groups you'll be eating and examples of each!



1.

Vegetables

All non-starchy veggies can be eaten in abundance! For example, cruciferous veggies like cauliflower and broccoli, leafy greens such as kale, spinach, and arugula, or peppers, carrots, etc.

2.

Fruits

Any type of fruit including berries, bananas, mangos, and citrus fruits.

3.

Legumes

Beans, pulses, and lentils.

4.

Whole Grains

Oats, quinoa, brown rice, amaranth, barley, grains, and some cereals.

5.

Starches

Starchy veggies like peas and corn, as well as tubers (root vegetables) like potatoes, sweet potatoes, parsnips, and beets.

6.

Fats

Nuts, seeds, avocados, etc.

7.

Unprocessed Soy Foods

Tofu, tempeh, edamame, etc.

What does that look like?

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Fats

Choose healthy fats like avocados, hummus, olives, nuts, and seeds.



Water

Make sure you are adequately hydrating with water throughout the day.



Protein

Opt for legumes (beans, peas, lentils) as well as minimally processed soy products like tempeh and tofu.

Fruits

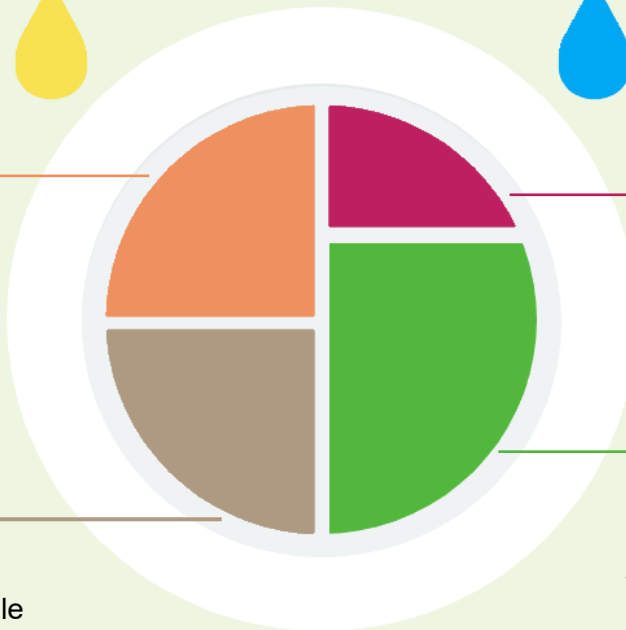
Choose a variety of colors, but limit fruit juices.

Grains

Limit refined grains and include a variety of whole grains in your daily diet. Choose foods like brown rice, quinoa, and whole grain bread.

Vegetables

All non-starchy vegetables can be consumed freely. Incorporate all colors of the rainbow in your diet by choosing a variety of veggies every day.



Is This a Vegan Diet?



There are some similarities between being vegan and eating a whole-food, plant-based diet, but there are some differences as well.

Veganism is a lifestyle while plant-based eating is a dietary choice. Vegans avoid all animal products in food, clothing, shoes, etc. Vegans may eat refined and processed foods, although many choose not to.

A whole-food, plant-based diet eliminates all animal products and highly refined foods, including oil.

The Benefits

Research supports the benefits of consuming a whole foods, plant based diet.

There are over 200 studies that positive health benefits by increasing plant consumption and/or eating a diet consisting mostly of plants.

Some of the main benefits are:

✓ **Weight Management**

People who eat a plant-based diet tend to be leaner than those eating the standard American diet (SAD), without worrying about counting calories!

✓ **Increased Energy**

Plant foods are packed with fiber, water, and micronutrients which will help keep you awake and full for a longer amount of time.

✓ **Disease Prevention/Management**

Plant-based diets can prevent, stop, and sometimes reverse chronic diseases such as type 2 diabetes, heart disease, and metabolic syndrome. Studies show well-established links between meat consumption and cancer, egg consumption and diabetes, and dairy consumption and arthritis. Eating a plant-based diet is also good for immune health! [Read this article](#) to learn more.

✓ **Reduced Environmental Impact**

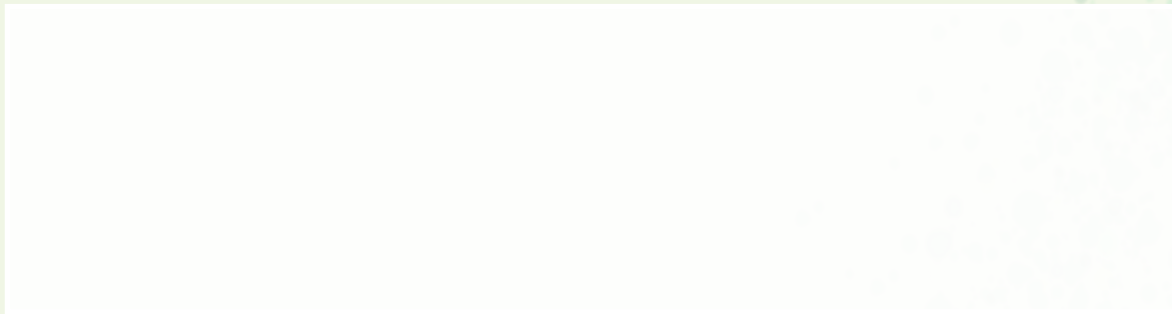
A plant-based diet has a much lighter carbon footprint due to the decreased land/water use required to produce these foods. Fun fact: 400,000+ people participated in the UK's 2020 Veganuary challenge to go vegan for 30 days. During that time they saved the CO2 equivalent of 450,000 flights and spared 1 million animal lives!

✓ **Animal Welfare**

No animals are harmed or exploited when eating a plant-based diet.

Write out your own personal reasons for going plant-based.

I have decided to adopt a whole-foods, plant-based diet because:



Come back to this list if you need a reminder of why you started this journey.

My Favorite Resources for More Information and Recipes:

[Prana Nutrition, LLC](#)

[Dr. Greger](#)

Books: How Not to Die & How Not to Die Cookbook, by Dr. Greger

The China Study by Dr. Colin Campbell

Forks Over Knives documentary & [website](#)

[Dr. McDougall](#)

[Physician's Committee for Responsible Medicine](#)

[Julieanna Heaver](#), Plant-Based Dietitian



Tips for *Plant-Based Cooking*

In order to be successful with your new lifestyle, you'll need to feel confident planning and preparing meals.

Plan Ahead

This cannot be overstated. You need to go to the grocery store with a plan (a list) so that you don't end up frustrated and ordering take out later in the week. Planning allows you to save time, and money, as well as trips to the store.

Cook in Batches

Batch cooking single ingredients ahead of time helps you save time in the kitchen all week long. Focus on single ingredients that can stretch through a few different meals. You can also batch cook your favorite meals and by doubling the recipe you'll have extra for a later day (just freeze and reheat when ready).

Save Money

Whole-food, plant-based eating is cheaper than you think. Fresh and frozen produce go a long way, while legumes, whole grains, and potatoes are affordable bulk foods you can buy. Creating meals around these staples will help you spend less than you would on a diet rich in animal products.

Dining Out

Most restaurants are used to accommodating dietary needs. When you know you will be dining out, I recommend taking some time to review their menu online before you go. Scanning the menu in advance allows you to see if a restaurant offers vegan options. You can always call ahead and ask if they can accommodate your new diet.

Are You Feeling Overwhelmed?

If you're feeling really overwhelmed consider working with a plant-based cook to learn cooking techniques that will allow you to navigate the kitchen better.

In addition to being a plant-based dietitian, I'm also a plant-based cook! This allows me to integrate crucial nutrition education and essential but basic culinary skills into your unique plan of action!



WORK WITH JENNIFER



Plant-Powered Plate

Grocery Store List

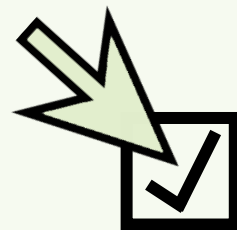
A well-stocked kitchen is essential for long-term success with any diet changes.

On the following page, I've provided you with a whole-food, plant-based grocery list. Focus on purchasing the ingredients you need each week for your recipes, rather than the entire list. This helps keep your grocery bill within reason, and prevents food waste.

This list is very comprehensive and as you get more familiar with plant-based cooking and shopping you will be able to expand into new and unfamiliar foods.

TIP!

After you've made your meal plan for the week, check off the ingredients that you will need on the grocery list, and take it with you to the grocery store.



Having a plan will help you stay focused while shopping.

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Grocery Store List:



Vegetables

Asparagus
Arugula
Beets
Bell pepper
Bok choy
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Chard
Celery
Collard greens
Corn
Cucumber
Kale
Leeks
Lettuce
Mixed greens
Mushroom
Onion
Peas
Potatoes
Radishes
Spinach
Sprouts
Squash
Tomatoes

Miscellaneous

Fruit

Apples
Avocado
Bananas
Blueberries
Grapefruit
Lemon/Lime
Mango
Oranges
Peaches
Pears
Pineapple
Raspberries
Strawberries
Watermelon

Herbs

Basil
Chile
Chives
Cilantro
Dill
Garlic
Ginger
Mint
Oregano
Parsley
Rosemary
Sage
Thyme

Canned/Jarred Goods

Nut butters
Tahini
Beans
Mustard
Olives
Tomatoes, canned
Nuts
Seeds

Grains

Couscous (whole wheat)
Lentils
Millet
Noodles
Oats
Quinoa
Rice
Split peas

Liquids

Coconut water
Liquid aminos
Maple syrup
Plant milk of choice, unsweetened
Vegetable stock and broth
Vinegar

Refrigerated

Miso
Tempeh
Tofu
Tortillas, whole grain or corn
Whole grain bread

Micronutrients & Supplements



Vitamin B12

There is only ONE vitamin that you 100% need to supplement with while eating a plant-based diet and that is Vitamin B12.

There are no plant sources, and fungus, bacteria, and dirty vegetables are not sufficient sources.

The RDA for Vitamin B12 is 2.4 mcg/day for older children and adults.

I encourage all of my clients to do a full micronutrient test with me twice per year, especially if they follow a special diet.

Our soil quality is drastically different than it was 20 years ago and our food supply is no longer rich with vitamins and minerals as a result. On top of that, our individual biochemistry may prevent us from metabolizing all vitamins, minerals, and macronutrients appropriately so the only way to know for sure what you're missing is to test!



Other Important Micronutrients:



Vitamin D

The RDI for Vitamin D is 600 IU/day for adults, but most RDs recommend 1000 IU of D3 per day.

Top plant sources of Vitamin D:

- Plant milks (200-400 IU/cup)
- Fortified cereals (100-200 IU/cup)
- Mushrooms (~115 IU/cup raw)
- And of course sunshine!



Calcium

The RDI for calcium is 1000 mg/day for adults.

Top plant sources of calcium:

- Cooked leafy greens (250-300 mg/cup)
- Edamame and tofu (250-350 mg per ½ cup)
- Beans and lentils (175-250 mg/cooked cup)
- Plant milks (200-300 mg/cup)

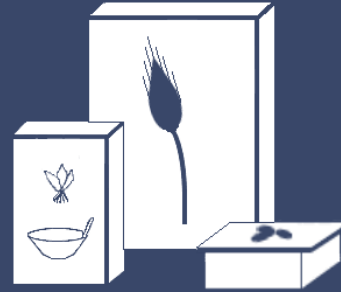


Iron

The RDI is 11-20 mg/day for adults.

Top plant sources of iron:

- Dried apricots (8 mg/cup)
- White beans (7 mg/cup)
- Spinach (6 mg/cup)
- Dark chocolate (5 mg/square)



Zinc

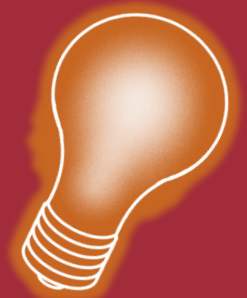
The RDA is 8-11 mg/day for adults.

Top plant sources of zinc:

- Fortified cereals (25 mg/cup)
- Toasted wheat germ (5 mg/oz)
- Firm tofu (5 mg/cup)

To learn more about how and when to use supplements, [check out this guide!](#)

If you're interested in micronutrient testing, you can [explore your options here.](#)



List the foods you already enjoy that are high in any of the key vitamins/minerals that I just mentioned.



You can use these foods to help plan your meals for the week while ensuring that you're getting adequate nutrients!

Plant-Powered Plate Recipes





BANANA BREAKFAST OATS



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
381 kcal
12g Fats
60g Carbs
10g Protein



WHAT YOU NEED

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

WHAT YOU NEED TO DO

Divide oats between two bowls and add 3 tbsp. of water into each bowl.

Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 minutes for the oats to soften.

Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.

NOTE: garnishes (nuts, seeds, fruit) are not included in the nutrition information.

QUINOA TABBOULEH



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
272 kcal
10g Fats
42g Carbs
8g Protein



WHAT YOU NEED

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- 1 red onion, finely diced
- $\frac{2}{3}$ cup (15g) parsley, chopped
- $\frac{2}{3}$ cup (15g) mint, chopped
- juice of 2 limes
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.

Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.

Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.

Serves as a salad or side dish. Store covered and refrigerated for up to 3 days.





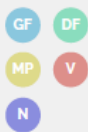
SPICY CAULIFLOWER & CHICKPEA RICE BOWL



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
380 kcal
11g Fats
57g Carbs
13g Protein



WHAT YOU NEED

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice

For the sauce:

- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- ¼ cup (30g) peanuts, chopped

WHAT YOU NEED TO DO

Preheat oven to 230°C (450°F) and prepare a baking dish or tray.

Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 minutes.

In the meantime, prepare the sauce by mixing all the sauce ingredients in a small bowl.

Once cauliflower and chickpeas are roasted, remove from oven and mix with the earlier prepared sauce.

Increase the oven temperature to broil, return the tray into the oven and cook for about another 5 minutes.

Remove from the oven divide between bowls and serve with a portion of rice.





LEMON & BERRY CHEESECAKE



Serves: 16
Prep: 30 mins
Chill: 2 hrs



Nutrition per serving:
297 kcal
19g Fats
30g Carbs
5g Protein



WHAT YOU NEED

For the crust:

- ½ cup (40g) desiccated coconut
- 1 cup (100g) walnuts, chopped
- 12 medjool dates
- pinch of salt

For the lemon layer:

- 2 cups (230g) cashews, soaked for 4 hours or overnight
- 1 cup (240ml) coconut cream
- 4 tbsp. coconut oil, soft
- ½ cup (120ml) maple syrup
- zest of 1 lemon
- juice of 1 lemon juice
- pinch of salt

For the berry layer:

- 1 cup (150g) frozen red berries
- 2 tbsp. chia seeds
- 2 tbsp. lemon juice
- 2 tbsp. maple syrup

WHAT YOU NEED TO DO

Place all the crust ingredients into a food processor and blitz until sticky paste forms. Transfer the crust into a cake tin or springform pan and press evenly to form the bottom layer. Place the tin in the freezer while you make the other layers.

Drain the cashews and pat dry with a kitchen towel. Place all the lemon layer ingredients in a food processor and puree until smooth. Spread over the crust and return into the freezer.

Prepare the last berry layer. Place all ingredients in the food processor and puree until smooth. Spread over the top of the cheesecake only when the lemon layer has set completely. Garnish with additional berries (optional). Return to the freezer and freeze until set.

Remove the cheesecake from the freezer for about 20 minutes before serving.



How Are You Feeling?

You've probably heard the phrase "it takes 66 days (on average) to create a new habit." Well, that's true!

Choosing to adopt a whole-foods, plant-based diet is no exception to this rule but luckily you'll notice the positive side effects of changing your diet well before the 66 day mark. We each have 1,440 minutes every day to make choices that will support and nourish us, or lead to sickness.

There is so much power in a single bite of food; so much potential to create a state of wellness or a state of dis-ease! You can use 60 of those 1,440 minutes to move your body in a way that will promote longevity and vitality.

You can create habits and rituals that help you stay on track throughout the day, but it all starts with you making the choice. You are the only one who can decide how you want your life to look. I'm here to help once you've made the choice, just reach out!



List 3 new habits you will work on that will nourish your mind, body, or spirit.

For example, you might list “drink 8 oz. water first thing every morning” or “perform 45 minutes of gentle yoga before work 3 times per week.”

Write your new habits here:

1.

2.

3.

Having a solid support system in place is a crucial part of any successful major lifestyle change.

Think of a few people who you can count on to be there to support you. Maybe it's a spouse, friend, or parent. Having even one person who you can depend on can make all the difference!

List them now:

1.

2.

3.

Thank You!

You now have a variety of tools in your plant-based toolbox to pull from, but this is just the beginning!

Get in touch with me today to maximize your health and wellness efforts. We'll review your diet and lifestyle quality by looking at timing and variety of nutrients, as well as your individual macro and micronutrient requirements.

Your health is the best investment you can make.

"Take care of your body, it's the only place you have to live."

- Jim Rohn

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