Eating For A Better You

Embracing more plant-based foods into your diet is one of the best things that you can do when you are eating for a better you!

Plant-based foods have the benefit of being naturally low in fat, naturally low in calories and also high in all of the good things - such as vitamins, minerals and other antioxidants!

In the first handout I asked you to list the foods that make up your typical daily diet. I would now like you to take another look at this list and see just how much of your diet is plant-based.

This month, in order to create ongoing healthy habits surrounding your food choices, I want you to find ways to include more plant-based foods in your diet. Deciding to include at least one with each meal is a great way to start.

For example, you can have a banana with whatever breakfast option you may be having, add a side salad to your lunch and eat your dinner with a side of dark leafy greens. As you slowly begin to embrace this concept more, then the amount of fruits, vegetables, seeds and nuts that you enjoy with each meal can begin to increase. You may even get to the point where an entire meal during each day is solely made up of plant-based foods!

I now want you to list below five different plant-based foods that you would be happy to add into each meal!

Breakfast

1) 2) 3) 4) 5)

Lunch

1) 2) 3) 4) 5)

Dinner

1) 2) 3) 4) 5)