How to Stick to Plant-Based Eating

Plant-based eating can be for everyone, the main idea is not to “diet” or remove something from your nutrition but more about adding more vegetables, fruits, nuts, whole grains, and legumes. For those of you who love their steak or burgers once in a while, you don’t have to completely eliminate animal-based food but you can certainly reduce it by making more meals that are plant-based.

You can stick to a plant-based nutrition by following these two simple steps:

## Step 1: Have a grocery list

In order to stick to plant-based eating, have a grocery list. Here’s one we made for you:

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| **Fruits** | **Vegetables** | | |
| * Apples * Avocado * Bananas * Berries * Blueberries * Grapefruit * Grapes * Lemons/Limes * Oranges * Pears * Tomatoes | * Asparagus * Beets * Broccoli * Brussels sprouts * Carrots * Cauliflower * Celery * Corn * Cucumbers * Garlic * Lettuce/Greens | | * Mushrooms * Onions * Squash Sweet Peppers * Jalapenos * Chilis * Potatoes * Spinach * Squash * Zucchini * Sweet potatoes |
| **Grains** | **Legumes** | **Herbs and spices** | **Other** |
| * Rice * Farro * Quinoa * Tabbouleh * Couscous * Barley * Rolled Oat | * Chickpeas * Pinto Beans * Lentils * Split Peas * Mung beans * Red kidney beans * Soy beans * Black beans | * Basil * Pepper * Cilantro * Cinnamon * Cumin * Curry * Garlic * Ginger * Mint * Oregano * Parsley * Pepper * Salt | * Vegan sour cream * Vegan mayonnaise * Vegan bread & wraps * Whole grain mustard * Bran cereals * Honey or Maple syrup * Peanut butter * Almond milk * Coconut milk * Coconut oil * Olive oil * Hummus * Tahini |

## Step 2: Plan Your Meals in advance

Here are our favorite ideas for breakfast, lunch and dinner:

### Breakfast

* Bran cereals with bananas and plant-base milk (this will be a winner for your fiber intake).
* Oatmeal in a jar (see recipe in the next chapter)
* Vegan bread with natural peanut butter and no sugar added jam
* Fruit salad

### Lunch

* Salads
* Wraps
* Soups

### Dinner

* Veggie Burger with sweet potato fries
* Vegetable, black beans and rice stir fries
* Grain bowls
* Grains with roasted vegetables

The more you will be prepared, the easier it will be to stick to a plant-based nutrition.