

Healthy & Balanced Plant-Based Eating

How to construct nutritious and delicious plant-based meals



Plant-Based Proteins

Add protein-rich foods into your diet to increase protein intake.

- Chickpeas
- Edamame
- Quinoa
- Lentils
- Almonds
- Peas
- Tofu
- Sunflower Seeds
- Beans
- Tempeh
- Soy Milk
- Wild Rice
- Oats
- Hemp Seeds

Calcium-Rich Plant-Based Foods

Supplementation may be required to meet your daily calcium intake.

- Almonds
- Broccoli
- Navy Beans
- Dark Leafy Greens
- Tahini
- Fortified Soy Milk

Protein Pairs

Combine foods to create balanced meals

- Whole Grains + Legumes
e.g. Rice & navy beans
- Nuts & Seeds + Vegetables
e.g. Cashew & broccoli stir fry
- Legumes + Nuts & Seeds
e.g. Lentil tahini soup
- Vegetables + Whole Grains
e.g. Quinoa & kale caesar salad

Remember, **balance is key**. Plant-based eating doesn't have to be an all-or-nothing commitment!