



Plant-Forward Eating: Inspired Ways to Keep the Plants on Your Plate

Speakers: Chef Jose Santiago and Kate Harrington, MS, RD

- Plant Forward is a style of eating that emphasizes whole, plant-based foods like vegetables and fruits, plant-based proteins, whole grains, nuts and seeds, herbs and spices and plant oils without necessarily eliminating animal products. Meat may be included but it is usually not the main feature of the meal.
- Removing meat does not have to mean removing protein. Alternative sources of protein include tofu, quinoa, mushrooms, lentils, chickpeas, beans, broccoli, corn, potatoes, peppers, spinach, and sweet potatoes.
- Every plant we eat has protein in it. You can still pack on protein, one plant at a time!
- A diet rich in plant-based foods provides both improved health and environmental benefits such as:
 - People who followed a mostly plant-based diet had a 28% reduced risk of developing heart failure.
 - Only 10% of Americans consume the recommended daily amounts of fruits and vegetables (Centers for Disease Control and Prevention). Plant-forward meals can help increase this amount.
 - A plant-forward diet with no or little meat may help prevent and treat diabetes, by improving insulin sensitivity and decreasing insulin resistance.
 - Promoting plant-forward eating is a critical strategy in addressing climate change, as plant-based ingredients have lower greenhouse gas emissions.
 - Globally, beef requires twenty times more land and emits twenty times more greenhouse gas emissions per gram of edible protein than common plant proteins such as beans.
- Culinary techniques for vegetable-centric recipes include roasting, spiralizing, and sautéing.
- Save this session handout and put it on your refrigerator!
 - Scan the QR code below to access the Mindful Seasonal Recipe Collection for easy to make plant forward meals – including today’s demonstration recipe of Chef Jose’s *Roasted Vegetable Glow Bowl*





Hacks to Building A Nourishing Plant -Powered Bowl

1. VEGETABLES

(maximize nutrients with veggies)

- Greens or kale
- Shredded cabbage
- Shredded carrots
- Sauerkraut/kimchi
- Artichoke
- Beets
- Squash
- Peppers
- Mushrooms
- Radish
- Cucumber
- Tomato
- Peas
- Broccoli
- green/red onion
- Sprouts
- Fresh herbs

2. PROTEIN

*25-30g
(a palm size)*

- Tofu & edamame
- Hard boiled egg
- Quality dairy *(if tolerated)*
- Fish or seafood (fresh or canned)
- Chicken or turkey
- Beef, lamb or pork

3. HEALTHY FAT

- Avocado
- Quality dairy *(if tolerated)*
- Olives
- Nuts & seeds
- Olive & Avocado oils

4. WHOLE FOOD CARBS

- Sweet potatoes
- Quinoa
- Rice
- Millet
- Amaranth
- Beans
- Chickpeas
- Lentils
- Fruit

5. SAUCE

(put all ingredients in a jar and shake)

- Your favorite homemade dressing
- Clean store-bought dressing
- Olive oil + apple cider vinegar + honey + mustard
- Herbs + mayo + salt + pepper
- Tahini + lemon juice + cumin
- Plain yogurt + lemon juice + garlic

