

# 10 Simple Steps to Enjoy More Plant-Based Meals

1. Build your breakfasts around oatmeal, whole grain cereal, or a slice of whole grain bread
2. Make a vegetarian meal one night a week. Then try two nights a week, then three...
3. Fill at least half of your dinner plate with salad greens, and cooked or raw vegetables
4. Reach for healthy fats: nuts, nut butters, seeds, olives, avocados, and olive oil
5. Build a meal around salad
6. Fill a bowl with delicious salad greens. Add chopped fresh or roasted vegetables, nuts, fresh herbs, beans, and sprouts. Include a side of barley, quinoa, brown rice, farro or any other whole grain.
7. Go for the greens. Find ways to include spinach, kale, Swiss chard, collards, and other greens in daily meals. Add a handful to soups or grain bowls. Steam or stir fry to preserve their tender flavors, and store in the fridge
8. Drink plenty of water throughout the day and reach for water as a beverage with meals
9. Eat fresh or dried fruit for dessert.
10. Sit down with friends or family as often as possible to enjoy a meal together.