Creating and introducing a plant-based menu can be complicated and time intensive. The good news is that it doesn’t need to be.

With the Plant Forward Plates Toolkit, we’ve gotten everything ready for your plant-based menu rollout or to reinvigorate your plant-based meals—simply, easily, and deliciously.

The Toolkit includes 40+ recipes that have been scaled for yields of 10-100 and meticulously tested. Recipes come with detailed therapeutic recommendations, HACCP instructions, ordering guides, and nutritional analysis.

And, the best part? The food in the Toolkit is:

- Healthy and delicious,
- 100% plant-based (vegan),
- Cost effective, and
- Able to be procured from food suppliers.

WHO USES PLANT FORWARD PLATES?

Staff in Hospitals and Healthcare settings including:

- Clinical Dietitians
- Food Service Directors
- Food Service Operations Staff
- Chefs and Cooks
- Dining Managers
- Administrators
- Anyone who needs to serve 100% plant-based meals

WHY USE PLANT FORWARD PLATES?

All the work is done for you! Plant Forward Plates is hands-down, the easiest, fastest way to rollout a plant-based meal program whether because of laws in your state (e.g., CA SB 1138), to be more sustainable, or for any other reason.

Meet the growing demand from consumers and patients for plant-based meals.

Improve the patient experience with delicious meals that also happen to be healthy.

Benefit from an expert team—no matter what size your staff is! Plant Forward Plates was created by a Dietitian with input from Oldways, and dietitians, medical professionals, plant-based food experts, food service operations staff, and hospital staff.

For additional information and to purchase, visit:

www.OldwaysPT.org/PFP
**MENU PLANS**
7-day and 1-day therapeutic heart healthy, plant-based menu plans for regular, low-sodium, gluten-free, carbohydrate controlled, renal, and allergies, with nutritional analysis for calories, total fat, saturated fat, cholesterol, sodium carbohydrate, carbohydrate exchanges, potassium, fiber, sugar, protein, phosphorus, magnesium, and vitamin K.

**SCALABLE RECIPES**
43 original, standardized, tested recipes for menus scaled to 10, 25, 50, 100 servings (with some exceptions based on reasonable scaling proportions), with HACCP instructions, nutritional analysis, and beautiful photography.

**ORDERING GUIDES**
Daily ordering guide for 7-day and 1-day menu, which provides purchasing sections for prepared items, and ordering amounts for scaled recipes (10, 25, 50, 100 servings, or as indicated in recipe).