

# Plant Forward Plates

## HEALTHCARE TOOLKIT

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

### 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](http://www.OldwaysPT.org/PFP)

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# Plant Forward Plates

## HEALTHCARE TOOLKIT

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**A Toolkit for**  
**Introducing and Integrating**  
**100% Plant-Based Meals**  
**into Hospitals and Healthcare**  
**Food Service**

RECIPES | MENU PLANS | ORDERING GUIDES  
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Produced by  
**Sharon Palmer, MSFS, RD**  
with

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**OLDWAYS**  
CULTURAL FOOD TRADITIONS

# Toolkit for Healthcare Food Service

## 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.

Plant Forward Plates Healthcare Toolkit

### Therapeutic Menu Plan Day: Tuesday

**Breakfast**

Menu Item	Regular*	Low Na**	Diabetic/CC***	Renal****	Gluten-Free	Cal*	Pro*	Fat*	Carb*	Na*	K+*
Red Quinoa Breakfast Bowl with Berries, Pecans, and Flax Seeds	½ cup cereal + ½ cup fruit + ½ c soy milk	½ cup cereal + ½ cup fruit + ½ c soy milk	½ cup cereal + ½ cup fruit + ½ c soy milk	½ cup cereal + ½ cup fruit + 2 tsp margarine	½ cup cereal + ½ cup fruit + ½ c soy milk	349	12	16	44	37	605
Vegetable Juice, reduced sodium	½ cup	½ cup	½ cup	½ cup apple juice	½ cup	23	1	0	6	85	253
Soy milk, plain, unsweetened, fortified	1 cup	1 cup	1 cup	½ cup	1 cup	80	7	4	4	90	299
Coffee	1 cup	1 cup	1 cup	1 cup	1 cup	2	0	0	0	5	116
<b>Total for Meal</b>						<b>454</b>	<b>20</b>	<b>20</b>	<b>54</b>	<b>237</b>	<b>1233</b>

**Lunch**

Menu Item	Regular*	Low Na**	Diabetic/CC***	Renal****	Gluten-Free	Cal*	Pro*	Fat*	Carb*	Na*	K+*
Street Tacos with Pinto Beans, Corn Salsa, and Shredded Cabbage	2 each	2 each	1 each + 1 cup Green Salad with 1 tbsp Dressing	1 each	2 each	546	12	8	69	417	678
Cumin Brown Rice	½ cup	½ cup	½ cup	1 cup	½ cup	211	5	2	44	10	162
Mango Ice, Dairy-Free	½ cup	½ cup	1 orange	½ cup	½ cup	150	0	0	38	0	106
Coffee	1 cup	1 cup	1 cup	1 cup	1 cup	2	0	0	0	5	116
<b>Total for Meal</b>						<b>709</b>	<b>17</b>	<b>10</b>	<b>151</b>	<b>432</b>	<b>1062</b>

## 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.

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### Lunch Recipe - Tuesday -

#### Street Tacos with Pinto Beans, Corn Salsa, and Shredded Cabbage

Serving size: 2 tacos

Ingredients	Yields 10	Yields 25	Yields 50	Yields 100
<b>Tacos:</b>				
Tortillas, corn, 6-inch	20 each	50 each	100 each	200 each
Beans, refried, prepared/canned (black or pinto beans), reduced sodium	1 quart = 1 cup (½ #10 can)	3 quarts (3 #10-can)	1 gallon = 2 quarts (2 #10-can)	3 gallons (4 #10-can)
Cabbage, white, shredded white cabbage	1 quart = 1 cup (12 ounces)	3 quarts (2 pounds)	1 gallon = 2 quarts (4 pounds)	3 gallons (8 pounds)
Tomatoes, cherry (6 ounce each)	40 each (1 pound + 8 ounces)	100 each (5 pounds + 12 ounces)	200 each (7 pounds + 8 ounces)	400 each (15 pounds)
Avocado, medium (7 ounces each), sliced into 10 slices each	4 each (1 pound + 12 ounces)	10 each (4 pounds + 5 ounces)	20 each (8 pounds + 12 ounces)	40 each (17 pounds + 8 ounces)
Giardinero sprigs, fresh	20 each	50 each	100 each	200 each
<b>Salsa:</b>				
Salsa, mild, prepared, reduced sodium	2 cups (1 15-ounce can)	1 quart = 1 cup (1 15-ounce can)	2 quarts = 2 cups (2 #10 can)	1 gallon = 1 quart (2 #10 can)
Corn, sweet, frozen, thawed	2 cups (12 ounces)	1 quart = 1 cup (1 pound + 13 ounces)	2 quarts = 2 cups (5 pounds + 10 ounces)	1 gallon = 1 quart (7 pounds + 4 ounces)

## 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).

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### Menu Ordering Guide: Tuesday

Date: \_\_\_\_\_

Order the following amounts of ingredients according to the Therapeutic Menu Plan for Tuesday

Inventory	Order	Menu Item	Serves 10	Serves 25	Serves 50	Serves 100	Special Notes
<b>Dry, Staple Ingredients</b>							
		Alfalfa, ground	2 tsp	1 tbsp	2 tbsp	¼ cup	
		Bread crumbs, whole wheat, dairy-free	2 tbsp	¼ c	½ c	1 c	
		Brown rice, short grain uncooked	2 lb	4 lb	7 lb	14 lb	May use medium or long grain brown rice
		Cashews, raw	3 oz	3 lb	2 lb	3 lb	
		Chia seeds	1 oz	1 oz	2 oz	4 oz	For flours, omit if purchase prepared
		Chocolate chips, dark, dairy-free	2 oz	3 oz	5 oz	10 oz	For flours, omit if purchase prepared
		Cinnamon, ground	2 tsp	1 tbsp	2 tbsp	¼ cup	
		Cocoa powder	1 oz	1 oz	2 oz	3 oz	For flours, omit if purchase prepared
		Curry seeds	2 tsp	2 tbsp	¼ c	¾ c	
		Flax seeds, ground	3 oz	5 lb	1 lb	2 lb	
		Flour, whole wheat	2 oz	4 oz	3 lb	3 lb	For flours, omit if purchase prepared
		Ginger, ground	1 tsp	2 tsp	1 tbsp	2 tsp	
		Golden raisins	2 tsp	2 tsp	2 tbsp	2 lb	
		Lentils, medium, whole wheat, dry	1 lb	3 lb	5 lb	4 lb	
		Mango sprig, pure	5 tbsp	¼ c	¼ c	¾ c	
		Mustard, ground	2 tsp	1 tbsp	2 tbsp	¼ cup	
		Nutritional yeast	1 tsp	1 tsp	2 tbsp	1 tbsp	
		Pecans, chopped	1 lb	3 lb	2 lb	3 lb	
		Peas, black	1 oz	2 oz	4 oz	8 oz	For flours, omit if purchase prepared
		Red Quinoa, uncooked	1 lb	3 lb	5 lb	10 lb	
		Vanilla flavoring	1 tsp	1 tsp	2 tsp	2 tbsp	
		Vegetable bouillon cubes	2 ea	5 ea	10 ea	20 ea	
		Walnuts, coarsely chopped	2 oz	5 lb	1 lb	2 lb	
<b>Prepared Ingredients</b>							
		Berries, red, mixed, fresh or frozen (blueberries, raspberries)	2 lb	4 lb	7 lb	14 lb	May use fresh berries
		Corn, sweet, frozen, thawed	1 lb	2 lb	4 lb	8 lb	
		Mango Ice, Dairy-Free, Prepared	2 qt	5 qt	2 qt	1 qt + 1 qt	2 in Hoagies-Beans

Available for purchase at [OldwaysPT.org/PFP](https://OldwaysPT.org/PFP)