More Plant-Based Tips

Remember, plant-based eating does not mean strict vegan or vegetarian. Deborah Madison, another well-known cookbook author and chef, said,

“I don’t, in fact, exclude animal foods from my world...balance in life is more desirable than limitation. However, vegetables and their cousins, all those other wonderful plant foods, are my fist loves and most of the time I happily make a meal from what others place on the side of their plate without thinking of it as vegetarian...But whether you place your vegetables at the center of your plate, reserve that place for meat, or find comfort somewhere in between, enjoy, eat well, and raise a glass to life!”
More Tips for Incorporating Plant Foods

- **Seeds**: Buy small packages of a variety of seeds like pumpkin, sunflower, and chia seeds. Mix together and store in a jar in the fridge. Sprinkle over anything including yogurt, salads, casseroles, etc.
- **Nuts**: Sprinkle on salads and yogurt or add nut butter to smoothies. Enjoy nuts with other foods rather than filling up on them since they do add up quickly in calories.
- **Grains**: Cook extra quinoa and rice to store in the fridge. Pull out and add vegetables, olive oil, and herbs to make a quick and delicious meal!
- **Vegetables**: Roasting vegetables can open up a whole new world of flavor! Cut up vegetables like sweet potatoes, peppers, onions, carrots, and parsnips, drizzle with olive oil, and roast in the oven at 400 degrees F for 20-30 minutes. Add herbs like rosemary and thyme to add even more flavor.