



# PLANT-BASED

FOR

# 1-DAY

A beginner's guide to introduce plant-based foods into your eating pattern for a day.

Davita Cooper | Fit & Green Wellness



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# WELCOME!

When making lifestyle changes, taking one small intentional step towards your goal can launch you in the direction desired.

## What is Plant-Based?

Plant-Based eating patterns primarily consists of plants (i.e. fruits, vegetables, seeds, nuts, legumes, whole grains, etc.) and can sometimes include vegetarianism and veganism. This eating pattern discourages meat consumption, processed and refined foods, dairy and eggs.



## Let's begin here.

When transitioning to a plant-based eating pattern, or incorporating more plants into your current diet, it can be beneficial to try new meals in small doses.

In this guide, you will be provided with a shopping list to get started (you may find many of the items in your refrigerator or food pantry), meal ideas to go "Plant-Based for 1-Day" and tips to help support you throughout!

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KEY NUTRITIONAL BENEFITS |  
MENU | FOOD JOURNAL



# Helpful Tips

- Use the provided shopping list to include the suggested plant-based foods into your weekly shopping plan.
- Choose a day of the week to go "Plant-Based for 1-Day" when you can cook at home for the day (i.e a weekend, etc.)
- Get creative when trying new foods! For example, if you have never cooked or eaten quinoa before, make a small quantity, flavor it with your current taste preferences (a little salt, pepper for example) and replace white rice with it in your favorite rice-based dish.

## *Getting Started* *"Go Plant-Based for 1-Day"*

- Use the 1-Page Food Journal included to record your experience while cooking and eating a plant-based meal and how you felt after.
- Read about my personal experience for additional support: "[Going Plant-Based? 6 Things We Learned](#)"
- Want to share your experience with me?  
Email me: [davita@fitgreenwellness.com](mailto:davita@fitgreenwellness.com)



# Grocery List

## Liquids

Almond Milk  
Olive Oil  
Canola Oil  
Plant-Based Green Goddess Dressing  
(Many options are available, I personally use [Plant Perfect](#)).

## Fruits & Produce

Avocado (2 medium or large)  
Lime (1 or 2)  
Blackberries  
Blueberries  
Bananas  
Frozen Fruit (Mango, Pineapple, Blueberries, Strawberries)

## Nuts & Seeds

Ground Flaxseed  
Pumpkin Seeds  
Chia Seeds  
Almonds (unsalted)  
Cashews (unsalted)  
Peanuts (unsalted)

## Dry Goods

Whole Grain Oatmeal  
Quinoa (Plain or a Super Grains Blend)  
Plant-Based Protein Powder (You can find many options, I use [MRM Nutrition Veggie Elite Performance Protein](#))

## Vegetables

Baby Portobello Mushrooms (or Sliced Button Mushrooms)  
Sweet Potato (1-2 Large)  
Spinach  
Kale (optional)  
White Onion  
Sweet Red Bell Pepper  
Minced Garlic

## Bread

100% Whole Grain Bread (Many options available, I use [Dave's Killer Bread Good Seed](#))  
100% Whole Wheat or Spinach Wrap or  
100% Whole Wheat Burrito Shell

## Beans

Black Beans (No Sodium)

## "Extras"

Date Syrup  
Dark Chocolate Morsels or Cacao Nibs



# Key Nutritional Benefits



## **Oatmeal**

Whole oats contain plant chemicals called phenolic compounds and phytoestrogens that act as antioxidants to reduce the damaging effects of chronic inflammation that is associated with various diseases like cardiovascular disease and diabetes.

Source: <https://www.hsph.harvard.edu/nutritionsource/food-features/oats/>

## **Flaxseed**

Flaxseed is the richest plant source of alpha-linolenic acid (ALA) Omega-3 fatty acids, “75 to 800 times more lignans than other plant foods” (lignan-rich diets may help to “ward off” heart diseases and cancer), high-quality plant protein, and potassium (an important mineral to help maintain a normal blood pressure and for cell and muscle function).

Source: <https://health.clevelandclinic.org/flaxseed-little-seed-big-benefits/>

## **Quinoa (pronounced “keen-wah”)**

1 cup of cooked quinoa provides approximately 8 grams of protein and 5 grams of fiber. Quinoa is a complete protein – it contains all nine essential amino acids that your body cannot make on its own.

Source: <https://www.hsph.harvard.edu/nutritionsource/food-features/quinoa/>

## **Black Beans (Legumes)**

½ cup cooked black beans provide approximately 7.6 grams of protein and offers antioxidant properties.

Source: <https://www.medicalnewstoday.com/articles/289934#diet>



# Key Nutritional Benefits

## **Avocado**

Great source of monounsaturated fat (the good fat), fiber and potassium. 1 whole avocado contains about 240 calories and zero cholesterol. A great option for a heart healthy addition to a meal.

Source: <https://www.hsph.harvard.edu/nutritionsource/avocados/>

## **Blackberries and Blueberries**

Berries are a great source of antioxidants. Antioxidants offer a potential protection against cancer.

Source: <https://pubmed.ncbi.nlm.nih.gov/28609132/>

## **Sweet Potato**

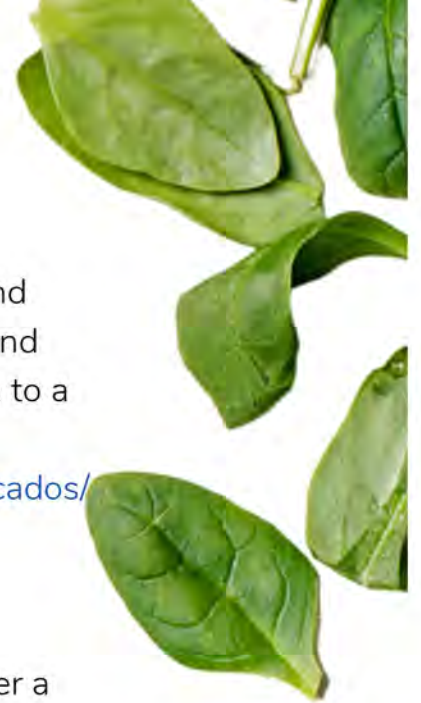
Sweet potatoes are a top source of vitamin A in the form of beta-carotene, vitamin C, vitamin B6, potassium and fiber.

Source: <https://www.hsph.harvard.edu/nutritionsource/food-features/sweet-potatoes/>

## **Spinach**

Spinach is a great source of nutrients and vitamins such as iron, folic acid, magnesium, phosphorous and calcium. ½ cup of cooked spinach contains 115 micrograms of folate. Folate is important in the formation of red blood cells.

(The Daily Recommended Intake of folate is 400 micrograms  
<https://www.fda.gov/food/new-nutrition-facts-label/folate-and-folic-acid-nutrition-and-supplement-facts-labels>.)



# Menu



## **Wake-Up Your Brain Breakfast: Oatmeal with Healthy Toppings**

1 serving (1/2 cup) 100% Whole Grain Oatmeal | Toppings: 1/2 cup Blackberries (approx. 8 berries), 2 tsp Ground Flaxseed | 1 tsp Pumpkin Seeds | 1 tsp Date Syrup

*Tip: Prefer Coffee? Skip the dairy creamer and add almond milk, no sugar! Prefer Tea? Try Green Tea, Rooibos or Hibiscus. Always drink water!*

## **\*30-Minute Exercise Routine\* Hydrate with Water Before, During and After**

### **Mid-Morning Carb-Protein-Good Fat Snack: Plant-Protein Smoothie & Avocado Toast**

Plant-Protein Smoothie | Blend 1 cup Plant-Based Protein Powder, 1 Banana, 1 cup Frozen Fruit (Mango, Pineapple, Blueberries), 8-12 oz Almond Milk | Toasted 100% Whole Grain Bread (2 slices) | 1 Avocado (sliced and smash on the toast) | Squeeze of lime | 1/2 cup Blueberries on the side

### **Nutrient Packed Quick Lunch: Loaded Sweet Potato**

1 Large Baked or Microwaved Sweet Potato | Toppings: 1/2 cup cooked No Sodium Black Beans, 1 cup Spinach or Kale (Sautéed in water, olive oil and minced garlic, salt and pepper to your taste), Plant-Based Green Goddess Dressing

*Tip: When preparing canned black beans, rinse and drain them first before cooking.*

### **Afternoon Energizing Snack: Go Choco-Nutty Trail Mix**

1 oz. Almonds (approx. 23 almonds) | 1 oz. Cashews | 1 oz. Peanuts | Dark Chocolate Morsels | Mix together and enjoy!

### **Dinner: Portobello Mushroom, Quinoa & Spinach Wrap**

Chop 1/2 cup Baby Bella Mushrooms, Sautéed with canola oil, minced garlic, chopped white onion and chopped sweet red pepper | 1 serving cooked Quinoa | Plant-Based Green Goddess Dressing | Whole Wheat Wrap or skip the wrap and enjoy as a bowl!

### **Easy Evening Treat: Frozen Fruit Blend**

Using a blender to combine 1 cup Frozen Mixed Berry Blend (Blackberry, Blueberry, Strawberry) with 1/4 cup Almond Milk and 1 tsp Date Syrup until a smooth texture | Toppings: Chopped Nuts, Chia Seeds or Cacao nibs



# FOOD JOURNAL

DATE:    /    /

MEAL	WHAT I LIKED ABOUT THE MEAL	HOW I FELT AFTER I ATE	WOULD I MAKE THIS MEAL AGAIN? WHY?
BREAKFAST			
MID-MORNING SNACK			
LUNCH			
AFTERNOON SNACK			
DINNER			
EVENING SNACK			

# RESOURCES

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**THE LIFE-LONG LEARNER AND  
WELLNESS (VIDEO)**

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