

The Plant-based Plan

Plant-based eating: how to realize in practice?



At least 2/3 of the diet is made up of plant-based foods. Less than 1/3 comes from animal products.

Plant-based eating is not a rigid diet. It is about making small changes to put plant-based foods first. It is not about giving up animal-based foods



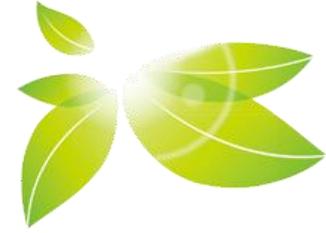


1. Drink your vegetables

A great breakfast idea is to juice your carrots, greens and beetroots, or throw them into a green smoothie with a piece of fruit or two, like apples or berries and a dollop of plant-based alternative to yogurt.

The great thing about smoothies is that you can use any combination of fruit or vegetable and start experimenting.

You can also use some sprinkles on top such as crushed almonds or stir in some porridge oats.



2. Eat plant-based breakfasts

Don't leave plant-based eating until lunch or supper; plant-based breakfast dishes have so much appeal.

Plant-based alternative to yogurt topped with seeds, berries, or nuts. Muesli or breakfast cereals with soydrink and some fruits.



3. Add a salad

It sounds simple but a great rule of thumb is to serve a salad with every meal and be a bit adventurous with your ingredients.

Try using orange juice to make a dressing or adding lots of colour with peppers, grated carrots, courgette ribbons and grapes.



4. Vegetables are good carriers for food

The latest trend is to use mushrooms to make burgers or slices of sweet potato to make a slider.

We also like using peppers as little pots. Simply slice them in half, scoop out the seeds, rub the skins with olive oil, pop whatever you fancy in the middle (brown rice, mixed with vegetables and topped with tomato sauce is very tasty) and pop them in the oven to bake for 15-20 mins.

Great if you use a combo of pepper colours and ingredients.



5. Don't forget the freezer

Keeping a stock of frozen vegetables and fruits means it's easy to make sure you always have a handful of something fresh to pop in your cooking.

Fruit and vegetables are often picked at their peak and frozen immediately – and certain varieties (especially peas and berries) taste delicious from the freezer.



6. Consider plant-based alternatives for meat and dairy

In the morning: wholegrain cereal, topped with fruit (fresh or dried) and served with a plant-based alternative to milk or yogurt.

Blend together oats, berries (fresh or frozen), banana and a plant-based alternative to milk or yogurt to make a home-made smoothie.

At lunch or dinner: use more plant foods such as lentils, beans and vegetables, and cut down on meat in dishes, e.g. chilli con carne, spaghetti Bolognese, stews, pasta sauces, etc and serve with wholemeal pasta, brown rice or jacket potato.



7. Shopping list: include the great variety of plant-based products

The variety is enormous:

Fruit: mangos, bananas, grapes, strawberries, blueberries, oranges, apples, etc.

Vegetables: carrots, broccoli, greens, avocado, peppers, and cauliflower and etc.

Starchy vegetables: potatoes, squash, corn, peas, sweet potatoes and parsnips etc.

Whole grains: brown rice, wholewheat pasta, wholemeal bread, oats, barley, quinoa etc.

Beans and pulses: kidney beans, chickpeas, lentils, black beans etc.

Nuts and seeds: almonds, walnuts, pecans, peanuts, pumpkin seeds etc.

Plant-based dairy alternatives to drinks, plant-based alternative to yoghurt or quark, desserts etc.





8. Re-shaping the plate

Serve up plant foods first so there is less room on the plate for animal foods.

Often meat tends to be the main focus of meals, yet by addressing the balance on a plate, more room can be made for plant foods.

The World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR) have suggested that at least two-thirds of a plate should be made up of plant foods (vegetables, whole grains, cereals and pulses) and foods from animals should make up less than a third.



9. Veggie days

Initiatives in several European countries are now actively encouraging a meat-free day. For example, “Thursday Veggie day” or “Meat-free Mondays”.

Of course cutting down on animal foods is one thing, but people should be advised on suitable plant-based alternatives during these meat-free times, to ensure the meals are nutritionally adequate.





10. Do It Yourself

Appreciating food can start with trying to grow it yourself or foraging from your local neighbourhood.

A pot of herbs or some sprouted seeds on a window sill are low maintenance, and don't require specialist equipment or lots of space, but the pleasure of planting, watering and then seeing your seeds grow is a rewarding experience.

It is also fun to go berry picking in the countryside.