Healthy Default Tips for Success Cont..

80% of your groceries should come from the outer perimeter of grocery store.

**Build up your ‘Go To’ Meals**
1. List what plant-based meals you already like
2. Find plant-based recipes to replace your favorites
3. Try one new recipe a week

**Don’t count calories, count Colors- Eat the RAINBOW**

**Family Not Plant-Based?**
- Cook meat separately to add to plant-based meals
- Encourage meatless meals one time a day

**Create a Support System**
- Look for local groups
- Search for on-line blogs and communities

**Meal Prep and Plan**
- Follow a plant-based eating plan
- 21 day vegan kickstart

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**APPS to Help you Succeed on a Plant-Based Lifestyle**

- Forks Over Knives
- Dr. McDougall Cookbook Recipes & Shopping Lists
- Daily Dozen Checklist of Foods to eat every day
- 21 Day Vegan Kickstart
- 21 Day Plant-Based Meal Plan

**Documentaries to Watch**
- Forks Over Knives
- What the Health

**Books to Read**
- How Not To Die
- The China Study

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**References**
5. Mobile apps. [https://kenoshaheart.org/mobile-apps/](https://kenoshaheart.org/mobile-apps/)

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Do you want to …

1. Eat More & Weigh Less?¹
2. Improve your Quality of Life and Mood?²
3. Lower your Risk for Type 2 Diabetes, Heart Disease and Certain Cancers?¹

These are some of the Benefits of a Plant-Based Diet

Set yourself up for success with these Healthy Defaults and make plant-based choices Easy!

Transition SLOW:
This isn’t a race, it’s a lifestyle change. Start with Meatless Mondays or eating plant-based 3 days a week for a month or eliminate one animal product per week.

Find Plant-Based versions of your favorites:
- Pizza
- Burgers
- Ice Cream
- Pasta
- Cheese

Build your Pantry Staples
Rice, quinoa, pasta, canned tomatoes and beans, frozen fruit and vegetables = quick soups, pasta or stir-fry.

Save Time in the Kitchen
- Cook a large pot of beans and lentils and freeze for future meals
- Buy pre-cut fresh and frozen vegetables
- Buy pre-cooked grains
- Bake extra potatoes
- Use canned beans

Plant-Based Swaps³
Dairy Milk- Soy, Almond, Hemp, Rice Milk
Butter- Avocado, Nut Butter
Dairy Cheese- Nutritional Yeast
Meat- Black Beans, Chickpeas, Lentils, Mushrooms
Ice Cream- Frozen Blended Bananas

Focus on filling your plate with a variety of colorful fruits, vegetables, whole grains, and legumes, rather than on serving sizes or calorie counting.⁴

Ditch the Oil!
- Sautéing: Use water and vegetable broth
- Baking: Use applesauce, bananas, & ground flax instead of egg
- Salad Dressing: Omit oil, use water or juice to add volume

Dining out or Dinner with Friends?
- Check the online menu for options and decide which meal to order in advance
- Bring a plant-based appetizer or side dish to friends and families houses to help avoid temptation

For Plant-Based News & Research
- www.nutritionfacts.org