

Plant Based EATING

A photograph of a green apple with a yellow measuring tape wrapped around it. In the background, there is a white bowl filled with a colorful salad of tomatoes, corn, and leafy greens, and a clear glass of water. The scene is set on a wooden surface.

A Beginners Guide To Optimal
Health, Sustainable Weight Loss
and Increased Energy

TABLE OF CONTENTS

INTRODUCTION.....	5
CHAPTER 1: WHAT IS PLANT-BASED EATING?	7
WHY CHOOSE A PLANT-BASED NUTRITION?.....	9
CHAPTER 2: THE SCIENCE BEHIND PLANT-BASED EATING	11
FRUITS AND VEGETABLES	11
FIBER	12
SODIUM	14
<i>Sugar</i>	14
PROTEIN	17
CHAPTER 3: KICK-START YOUR PLANT-BASED LIFESTYLE	20
STEP 1: CHOOSE YOUR TYPE OF PLANT-BASED NUTRITION.....	20
STEP 2: ADAPT YOUR GROCERY	22
STEP 3: PLAN YOUR MEALS.....	24
<i>Breakfast</i>	25
<i>Lunch</i>	26
<i>Dinner</i>	26
STEP 4: LET’S DO THIS!.....	26
CHAPTER 4: PLANT-BASED RECIPES	28
BREAKFAST RECIPES	28
<i>Overnight Oatmeal</i>	28
<i>Potato Breakfast Bowl</i>	29

Introduction



As our society evolves, we are constantly facing the need to change our behaviors and habits to increase our health and quality of life. We are now facing climate change, food insecurity and over 40% of our population is suffering from chronic disease.

One of the recent ideas put forward to improve our world and health is the plant-based nutrition.

Even though food regiments are not something our doctor prescribes (yet), research is showing that food has a lot to contribute to our health. It is also a less costly option to our society than prescribing medication.

PLANT BASED EATING

Whether you want to save the animals, become healthier or simply feel better, the plant-based nutrition is a great option for those of us who want to be a better and healthier person.

Choosing a plant-based nutrition doesn't have to be a complex commitment. With the help of this guide, you will be ready to step into the world of plant-based eating in no time and set yourself up for success.

In this book, you will learn about plant-based nutrition, the research about it and how you can successfully transition into a plant-based nutrition. You will also find some recipes to kick-start your journey and find answers to questions that might be limiting you in your transition to a plant-based nutrition.

First, let's define what plant-based eating is all about.

Chapter 1: What is plant-based eating?



We are hearing the word plant-based nutrition more and more in our society. With the launch of documentaries like *Game Changers*, books like *Forks over knives* and the emergence of athletes changing their nutrition to be plant-based, one has to wonder what this is all about.

Our understanding of plant-based eating may differ from one individual to another. In the world of nutrition, plant-based eating is having a large portion of one's nutrition coming from vegetables, fruits, herbs, nuts, whole grains and also include legumes or other plants.