

# Plant Based Meal Guide

## Simple Template for Getting Started



**BREAKFAST – Choose one of the following options:**

**Option 1** → Oatmeal: Oatmeal, topped with fruit, sliced almonds, and ground flax seeds or chia seeds

OR

**Option 2** → Smoothie: frozen fruit/berries, spinach, unsweetened non-dairy milk, flax seeds, natural almond butter

### SNACK 1

1 fruit serving (Serving = 1 piece fruit or 1 cup fruit)

### LUNCH OR DINNER (COLD OPTION)

Salad: 2+ cups any dark leafy greens/lettuce, lots of vegetables (choose the rainbow), ½ to 1 cup any legume (beans, lentils, chickpeas), and oil-free dressing

### SNACK 2

1 – 1 ½ ounces of nuts

**LUNCH OR DINNER (HOT OPTION) – Choose one of the following options:**

**Option 1** → ½ to 1 cup any legume (beans, lentils, chickpeas, peas), ½ to 1 cup whole grain (quinoa, brown rice, bulgur, sorghum) or small sweet potato, 1-2 cups non-starchy vegetables

**Option 2** → Vegan Bean Chili (pick your favorite recipe)

**Option 3** → ½ to 1 cup cooked whole grain pasta (quinoa pasta, brown rice pasta, whole wheat), ½ cup pasta sauce, 1 to 2 cups non-starchy vegetables

#### **Non-Starchy Vegetables (just a few examples!)**

Artichoke	Greens (collard, kale, mustard)
Asparagus	Mushrooms
Beans (green)	Okra
Bean sprouts	Onions
Beets	Peppers
Brussels sprouts	Radishes
Broccoli	Salad greens (lettuce, romaine, spinach, arugula, radicchio)
Cabbage	
Carrots	Squash
Cauliflower	Swiss chard
Celery	Tomato
Cucumber	Turnips
Eggplant	Water chestnuts

#### **FOOD GROUPS AND NUTRIENTS TO LIMIT**

Meat, Poultry, and Fish  
 Dairy Products (milk, cheese, yogurt, etc.)  
 Eggs  
 Heavily Processed Foods such as refined grains, “white” carbs and snack foods, like chips  
 Added Sugars, Sweets and Sugary desserts  
 Processed Oils (keep minimal)

***Consider a 21 Day Challenge where you strive for 100% adherence. Talk to your doctor to discuss your options. Once you’ve completed a full challenge, assess whether you’ll continue this approach or adhere to a 90%+ plant based diet.***



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