



Make the SHIFT: Plant Based Eating Tips

- P** – Plan your meals and **KNOW** your **WHY**
- L** – Lead your day off with a fully plant-based breakfast
- A** – Add meatless alternatives to your meals like fruits, nuts, and beans
- N** – Network with like-minded foodies
- T** – Take wholefood snacks for on-the-go cravings (i.e. raw nuts, dried fruits)
- B** – Be aware of processed foods
- A** – Alkaline water contains antioxidant properties (anti-aging and anti-disease)
- S** – Smoothies are a great way to get your daily fruits and vegetables
- E** – Exercise regularly while fueling with plants
- D** – Develop a plant-based lifestyle rather than viewing it as a diet