

Daily Whole Foods, Plant-Based Eating Plan

By Sophie Uliano

Breakfast

Smoothie: You make a whole large blender worth of smoothie and try to drink it by lunchtime (I am talking about a large blender like a Vitamix).

1 lb greens (kale, spinach, romaine, etc.)
1-2 cups frozen fruit (I like pineapple best)
Approx 30 ounces coconut water or water
3-4 tbsp hemp seeds
1 apple
1 lemon, peeled and cored
1 handful raw almonds
1 inch ginger root, minced (optional)
½ tsp Ceylon cinnamon (optional)

There is no big rule for your smoothie other than getting in as many greens as you can. Get creative with this: you could even toss in sprouts such as Alfalfa. The only contraindication to eating a ton of greens would be for those on blood-thinners.

Tip: If you can't stomach the taste of greens, add some sweetener in the form of either Stevia drops or a couple of pitted dates.

If a smoothie isn't enough, or you need something to chew, you could have one of the following grains:

Oatmeal, quinoa, or millet

You could make regular warm oatmeal with non-dairy milk and loads of fresh berries and bananas. Add 1 tbsp ground flax seed, and any seeds that take your fancy.

Breakfast treat: If you are desperate for some "crunch" have a slice or two of whole wheat sourdough toast for a special treat. Note it can only contain 4 ingredients: whole wheat flour, starter, salt, and water. You can use a vegan spread and almond or peanut butter (make sure there are no added oils or sugars in your nut butters). You could also have a smidge of sugar-free jelly.



Lunch



This is your opportunity to get as many raw foods into your diet as you can.

If you consumed your entire smoothie you won't be too hungry. However, if you are active (working out), or like to eat lunch, you can!

Fill a large bowl or plate with every raw veggie you can: cucumbers, tomatoes, radish, grated carrots/beets, lettuce, watercress etc. Top with raw nuts and seeds. You could toss in baked tofu. If you are really hungry, add a scoop of cooked rice or quinoa. In the winter months I add roasted root veggies, squash and mushrooms. Always add ½ cup of beans (any kind) to your lunch.

Dress with a simple olive or avocado oil, apple cider vinegar and seasoning dressing.

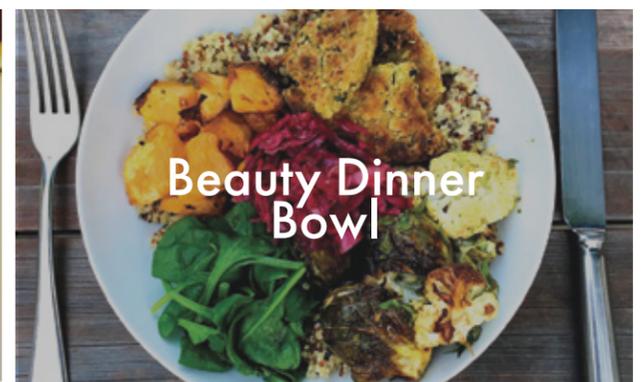
Dinner



Spicy Veggie Chili



Warming Red Lentil and Quinoa Soup



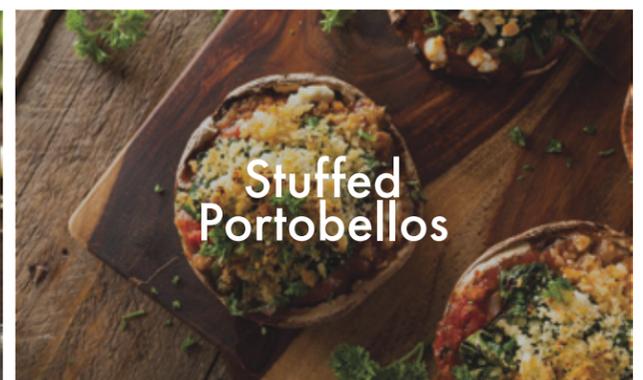
Beauty Dinner Bowl



15-Minute Coconut Lemongrass Curry



15-Minute Asparagus Tofu Stir Fry



Stuffed Portobellos



Tex Mex Baked Sweet Potato



Vegan Spaghetti Carbonara



15-Minute Ramen Bowl