

# 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.*

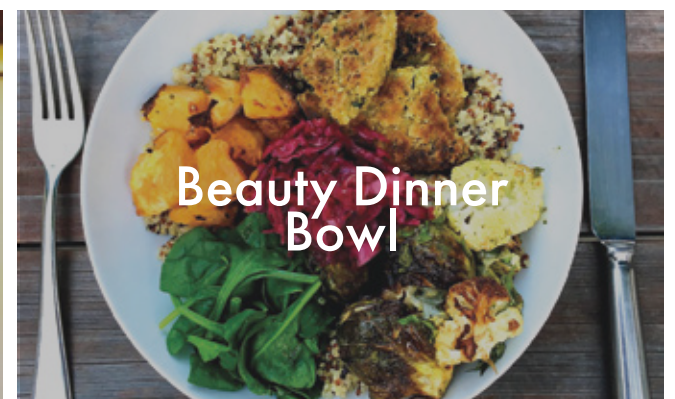
## Dinner



Spicy Veggie Chili



Warming Red Lentil and Quinoa Soup



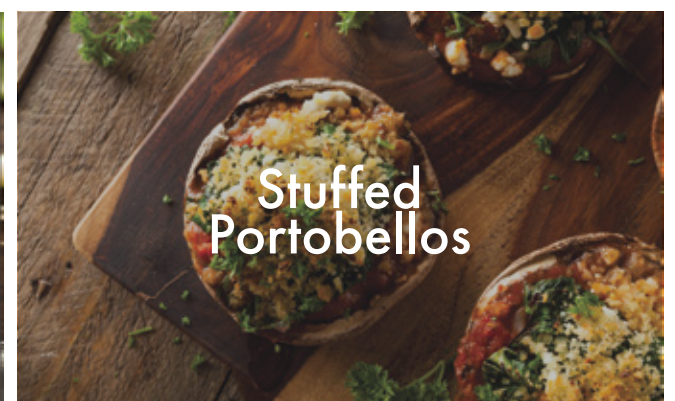
Beauty Dinner Bowl



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