Plant-Based Eating...

... is all about adding more fruits, vegetables, legumes, nuts, seeds, and whole grains to your plate!
Plant-Based Eating...

- Decreases your carbon footprint
- Decreases your risk for heart disease, cancer, and diabetes
- Supports your immune health

What About Protein?

Plant-based meals can easily be protein-rich! Try these protein-rich foods: Edemame, lentils, tofu, beans, hemp seeds, whole grains, nuts

Incorporate These Easy Plant-Based Recipes!