PLEASE READ THIS ON EVERY PAGE

General nutrition information only. This is not medical advice, not a diagnosis, and not a treatment. These pages do not treat, cure, prevent, reverse, or improve arthritis or any other condition. Talk with a qualified clinician before you change what you eat, especially if you have a health condition or take medication.

A plant-forward eating pattern

Meals built around vegetables, beans, grains, fruit, nuts, and seeds. Animal foods can stay, in a smaller role.

What people usually mean

A plant-forward pattern builds the meal around vegetables, fruit, beans, lentils, whole grains, nuts, and seeds. Animal foods, if you eat them, are a smaller side rather than the center of the plate. You do not have to cut them out.

This is not a rulebook. Soups, stews, tacos, curries, and rice bowls all fit. A salad is only one option.

- Vegetables cover about half the plate, or fill most of the bowl.
- Beans, lentils, tofu, tempeh, or nuts supply much of the protein.
- Whole grains or starchy vegetables such as potatoes sit beside them.
- Fruit shows up at breakfast or as a simple dessert.
- Oil, nut butter, or seeds add fat for cooking and for staying satisfied.
- Water is the usual drink.

A day of example meals

Mix and match. The point is the shape of the meal, not these exact dishes.

- Breakfast: oatmeal cooked in water or milk you already use, with banana and peanut butter.
- Lunch: chickpea salad with chopped peppers, herbs, and lemon, plus whole-grain bread.
- Dinner: tofu or lentils cooked with mixed vegetables and served with brown rice.
- If you eat meat: a smaller piece of chicken beside a larger share of vegetables and beans.
- Snack, if you want one: an apple and a few pumpkin seeds.

More meals in the same style

Use what your household already cooks.

- Breakfast: whole-grain toast with mashed avocado or bean spread, and orange slices.
- Lunch: vegetable soup with white beans, and a piece of bread.
- Dinner: black beans, rice, roasted cabbage, and salsa. Add an egg or a little cheese if you eat them.
- Dinner: a peanut or sesame noodle bowl with a large amount of cabbage, carrot, and tofu or edamame.
- A packed lunch: leftover grain, a can of lentils, cherry tomatoes, and a piece of fruit.

A grocery list

One person, about a week. Buy the vegetables your store actually has.

- Produce: onions, garlic, leafy greens, cabbage or broccoli, peppers, carrots, bananas, apples. A bag of frozen mixed vegetables.

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- Grains: oats, brown rice, whole-grain bread or tortillas.
- Protein foods: canned chickpeas, dry lentils, tofu or eggs, peanut butter or another nut butter.
- Fats and flavor: olive or another cooking oil you like, lemon, chili, cumin, salt or soy sauce.
- Optional animal foods: eggs, yogurt, or a small package of chicken.

Prep tips

Plant-forward cooking gets easier when a few foods are already made.

- A can of beans, a cooked grain, and a frozen vegetable can be dinner.
- Cook lentils in a bigger batch and refrigerate what you will eat in the next few days.
- Season beans with onion, garlic, and a spice you like so they do not taste plain.
- If chopping is hard, buy pre-cut or frozen vegetables.
- Put the vegetables in the pan first so they are not an afterthought.
- Keep a piece of fruit where you can see it.

These examples are ideas for generally healthy meals. They are not a plan written for you.