

A plant based diet means having 2/3rds of your plate containing vegetables, with the other third a lean protein (lentils, nuts, seeds, beans, tofu). Adhering to a plant based diet has proven to:

- Decrease the number of medications you take
- Help remove excess body weight
- Reduce lifetime cancer risk, heart disease, diabetes, and inflammation

Consume at least 3 servings of vegetables per day

- A serving is 1 cup raw or ½ a cup cooked



Asparagus

- High in vitamin B6, B9, B12
- Packed with potassium, which has been shown to reduce high blood pressure
- Low in calories
- Good source of fiber
- Storage tip: Trim one inch off the bottom, place in jar with an inch of water, cover top with plastic, place in fridge



Broccoli

- Broccoli is high in vitamin C, K, and B9
- Important for eye, and skin health
- High in calcium promotes bone growth
- Antioxidant properties, which help reduce build up of toxins in our bodies
- High in protein, which helps maintain muscle growth
- Storage tip: freezing broccoli in an airtight container will make it last for 8-12 months

Carrots



- High in vitamins C and K
- Vitamins for muscle function and decreasing inflammation
- Easy to grab as a snack
- Promote wound healing, reduce heart disease risk by lowering cholesterol, and protect against cancer
- Storage tip: Cut stems, place in plastic bag, and place in coolest part of refrigerator

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