



# 30-Day Plant-Based Challenge



Colourful fruits. Tasty veggies. Hearty nuts and seeds. Plants give us all the best nutrients on the planet! And eating more plants has a ton of benefits. You get fewer calories than meats or refined grains. You get more vitamins than processed foods. And it's better for the environment. So let's enjoy those perks and savour some delicious plant-based foods!

**Your mission:** Try to have **one plant-based meal each day** for 30 days. Use the guide below to help you! If there's an idea you don't like or don't have ingredients for, try your own plant-based plan that day.



## Check off all the days you were able to try a plant-based meal.

Click the squares on the left side of each day or print this out and fill them in by hand.

1



First, let's start with the basics. Check out **Your Guide to Healthy Plant-Based Eating** for some tips on how you can turn just one meal each day into a plant-based powerhouse.

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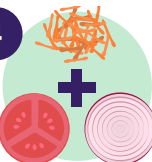
You don't have to go totally vegetarian to see health benefits—or to beat this challenge. Just get at least *one* plant-based meal each day. Here are **12 ways you could try a plant-powered meal** for breakfast, lunch or dinner.

3



Weighing out helpings? Measuring portions? There's an easier solution. Just use your eyes! Try the **Balanced Plate model** to get a well-rounded meal with veggies, natural starches and plant-based protein.

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Adding in extra tomatoes, onions, shredded carrots and leafy greens is easier than you might think! Learn how to **fill your day with fruits and vegetables**.

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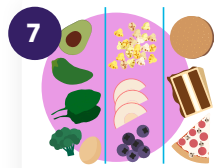
"But how will I get protein without meat?" Look no further. Here are some delicious **vegetarian and vegan protein sources** to fuel you up.

6



A tasty salad is an easy way to get at least one plant-based meal during the day. Learn **how to build a balanced, satisfying salad** that you'll actually enjoy.

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Some foods are “always” foods. Some are “sometimes” foods. And some are for special occasions. But which are which? Check out [this article](#) to find out and plan a healthy meal.



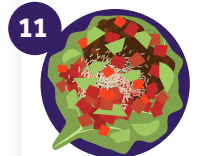
Sure, plant-based foods are good for you and taste great. But prepping them can take time. So, here are some [easy veggie options for a busy life](#). All the great flavour in a fraction of the time!



You don't have to buy fresh to enjoy tasty fruits and vegetables. Frozen produce is often preserved at the peak of freshness! Here are [four great freezer fruits and veggies](#) to try.



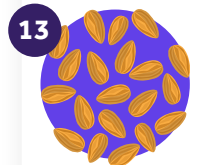
Different colours in nature mean different nutrients for your body. So [shop the rainbow!](#) Pick a variety of colourful fruits and vegetables to treat your body to all kinds of vitamins.



Let's get creative! Try this flavourful, filling [black bean collard burrito](#) recipe. It's a great way to swap out meats and processed tortillas for yummy ingredients you'd find in nature.



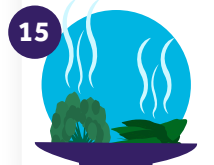
Grain products also come from plants. And the closer it is to its natural form (like granola or steel-cut oats), the more “whole” it is. Let's [explore your pantry for whole grains](#) to see what tasty options you already have!



Feeling snackish? Reach for a handful of [almonds](#). They're rich with protein, antioxidants and good fibre. A perfect way to satisfy your craving for a good crunch.



Sometimes the day just gets away from us. For those busy times, here are some [super convenient veggies \(and two easy recipes\)](#).



Plant-based options are healthy and better for you. But even veggies can come with too many calories if they're fried or drenched in oil. Here are the [healthiest cooking options](#), so you can make sure your plant-based meals are still in line with your health goals.

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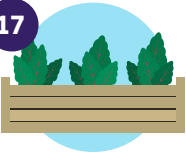


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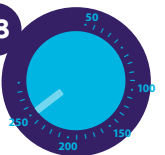
You've made it halfway through the challenge! How do you feel? **Write down** which plant-based foods—and which strategies—have worked best for you. Keep that list handy so you can keep going through this challenge and beyond!

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The grocery store isn't the only place to find the best fruits, veggies, nuts and beans you love. You can plant **tasty homegrown superfoods for all four seasons**—right in your own garden!

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Fire up the oven and unlock the flavour in your favourite vegetables. Check out this guide on **veggie roasting made easy** to get a little comfort food—and a lot of tastiness.

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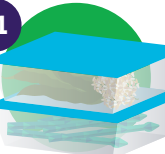
Bored of cooking at home? Add a kick to your usual plant-based recipes! Learn how to **spice up homemade meals with a restaurant-quality twist**.

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Vegetables are naturally rich with vitamins and nutrients. But some, like potatoes, corn and peas, have more starch. And that can add more carbs and sugars to your daily meals. So seek out those **non-starchy veggies** to fill up half your plate.

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Shopping for plant-based foods is a great way to beat this challenge! But do your groceries keep going bad? Check out the **best methods for storing produce** so your fruits and veggies will last.

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You could dine out. And you could cook at home. But there's another option. Have you considered a meal delivery service? They're super convenient and often healthier than restaurants. Here's a handy guide to **meal delivery services**. One might work for you!

23



Eating plant-based meals is one powerful way to help the earth. And there are many more healthy things you can do to protect the environment! Here are **eight small ways to get healthy and reduce your carbon footprint**.

24



Take a moment today to slow down and **eat with intention**. When you let your goals guide your eating plan, you'll feel better about your choices.

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Do you live far away from a grocery store or a restaurant with healthy options? Areas like this are often called “food deserts.” Learn how you can **find healthy options in food deserts**.

26



It's time to **healthify your kitchen**! Just a few simple steps can make it much easier to choose plant-based foods over highly processed snacks and treats.

27



Load up on veggies with our **loaded taco bowl** recipe. You'll get tons of nutrients and a mouthwatering meal!

28



Did you know you could even go plant-based with your milk? Whether it's for coffee, scrambled eggs or just a nice glass on its own, here is **your guide to milk and plant-based milk options**.

29



You're almost done with the challenge! Let's finish strong with some new discoveries. Here are **three surprising green foods that pack a nutritional punch, plus delicious recipes to enjoy**.

30



Congratulations! You've finished the challenge. Great work! **Eat one more plant-based meal today**. Then **write down what you've learned** from this challenge. What strategies worked for you? Keep them in mind so you can continue to eat healthy and enjoy nature's bounty!