

Is a Plant-Based Diet For You?

How to thrive on a nutrient-dense veg diet

- + What to Eat:** Beans, nuts, seeds, fruit, vegetables, grains, dairy, eggs, soy.
- What to Avoid:** Beef, chicken, fish, shellfish, pork, lamb, turkey, game meat, any animal protein product.
- ✓ Pros:** If done correctly, a lacto-ovo (meaning eats eggs and milk) vegetarian diet is high in fiber (from vegetables, fruit, whole grains, legumes, nuts, and seeds) and provides sufficient protein and healthy fat.
- ✗ Cons:** The absence of fatty fish makes this diet very low in omega-3 fats. This diet can also be low in protein, especially collagen, if very grain-heavy. Many people who follow this type of diet follow the “mac & cheese” or “pizza” style diet, which is high in refined carbohydrate grains and dairy and insufficient in vegetables.

PRO TIP: A plant-based diet that focuses on vegetables, fruit, nuts, seeds, legumes, and whole grains (not refined grains) is very healthy and anti-inflammatory. Aim to get more servings of vegetables and legumes than grains. Consider sprouting whole grains, legumes, nuts and seeds to help with digestibility and absorption of nutrients.

SUPPLEMENTS: Flax oil, iron (18mg). Lacto-ovo vegetarian diets do not include any fish or land animals for protein and can be very low in both omega-3 (yes you can get the plant form ALA, but the conversion to EPA and DHA is low) and iron. Supplementing with omega-3 will have the necessary omega-3s to help improve the omega-6 to omega-3 ratio, lowering it to a more ideal ratio of 4:1. Supplementing with iron is important for iron stores and energy levels.* Planned correctly, this diet is high in vitamin-C-rich fruits and vegetables, which will help iron's absorption.*




FLAX SEED OIL



IRON (18MG)





A Plant- Powered Week

Reap the benefits of your farmers' market haul all week long. After all, a veg-forward diet can help ward off disease, improve digestion and keep your carbon footprint low. This meatless plan proves that eating heaps of veg can be delicious, too!

BY ALEXA WEIBEL, PHOTOGRAPHY BY BEATA LUBAS

POMEGRANATE RASPBERRY SMOOTHIE

Blend 2 cups frozen raspberries, 15 oz pomegranate juice, 1 banana, ½ avocado, ½ cup spinach and 1 tsp roughly chopped ginger with 3 cups ice. Divide into 4 servings; freeze 3 servings individually.

Butternut Squash Pasta *with Mascarpone*

MAKES **4 CUPS**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **25 MINUTES**.

- 2 tbsp** extra-virgin olive oil
- 1¼ cups** quartered cherry tomatoes
- 1 clove** garlic, minced
- ¼ tsp** red pepper flakes, optional
- 1 lb** butternut squash, peeled and spiralized (**TIP:** You can swap out the butternut squash for zucchini or yellow summer squash: Simply reduce the cook time in Step 2 to 3–4 minutes.)
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1 tsp** finely grated lemon zest
- 2 tbsp** mascarpone cheese
- 2 tbsp** sliced fresh basil

1. In a large deep skillet on medium, heat oil. Add tomatoes, garlic and pepper flakes (if using). Cook, stirring occasionally, for about 3 minutes.

2. Add spiralized noodles to skillet and season with salt and pepper. Cook, stirring occasionally, until noodles are tender, 5 to 7 minutes. Stir in lemon zest. Serve half of the mixture on a plate or shallow bowl topped with mascarpone. Sprinkle with basil.

NOTE: Divide remaining half of mixture into two 1-cup amounts (without cheese); refrigerate and reheat when called for.

PER SERVING (1 cup without mascarpone): Calories: 116, Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 13 g, Fiber: 3 g, Sugar: 3 g, Protein: 1 g, Sodium: 246 mg, Cholesterol: 0 mg



MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Easy Harissa Shakshuka</i> (p. 20)</p> <p>SNACK: <i>Spanish Snack Mix:</i> Combine 1 cup each walnuts, diced Manchego cheese and dried apricots. Divide into 4 servings. (Eat 1 serving; refrigerate leftovers.)</p> <p>LUNCH: <i>Tomato Salad & Hummus:</i> Swirl ½ cup hummus on plate. Toss ½ cup halved cherry tomatoes with 2 tsp minced cilantro, 1 tsp EVOO, ½ tsp vinegar and pinch each salt and pepper. Spread over hummus and sprinkle with ½ tsp paprika. Serve with 1 pita, toasted and cut into wedges.</p> <p>SNACK: 3 stalks celery with ¼ cup tzatziki</p> <p>DINNER: 1 serving Butternut Squash Pasta with Mascarpone (p. 17; save leftovers)</p> <p>1 cup halved strawberries</p>	<p>BREAKFAST: <i>Pomegranate Raspberry Smoothie</i> (p. 1; drink 1, freeze leftovers as directed)</p> <p>1 egg, hard-boiled</p> <p>SNACK: <i>Paprika Roasted Chickpeas:</i> Drain and dry 1 can chickpeas; toss with 1 tbsp EVOO and pinch each salt and pepper. Spread on a baking sheet and bake at 400°F until crispy, about 40 minutes, stirring every 10 minutes. Toss with 1 tsp paprika. Divide into 4 servings. (Eat 1 serving; save leftovers.)</p> <p>LUNCH: <i>Mediterranean Panzanella</i> (p. 20)</p> <p>SNACK: ½ avocado, sliced, with ½ tsp harissa and pinch salt</p> <p>DINNER: <i>Squash & Spinach Salad:</i> Toss 1 cup Butternut Squash Pasta with Mascarpone (leftovers, p. 17) with 1 cup spinach, ¼ cup chickpeas, 1 tsp EVOO, ½ tsp vinegar and pinch each salt and pepper. Top with 2 tbsp feta and ¼ tsp paprika.</p> <p>1 cup halved strawberries</p>	<p>BREAKFAST: 1 cup Butternut Squash Pasta (leftovers, p. 17) with 1 egg, cooked in 1 tsp EVOO, and ½ tsp chopped cilantro</p> <p>SNACK: 3 stalks celery with ¼ cup hummus</p> <p>LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (p. 19, save leftovers)</p> <p>1 serving Spanish Snack Mix (leftovers)</p> <p>SNACK: 1 cup halved strawberries</p> <p>DINNER: <i>Spicy Spinach Salad:</i> Toss 2 cups spinach with ½ cup halved cherry tomatoes, ¼ cup each diced Manchego and chickpeas, 1½ tsp basil, 1 tsp EVOO and ½ tsp each harissa and vinegar. Top with 2 tsp chopped walnuts.</p>
<p>NUTRIENTS: Calories: 1,353, Fat: 76.5 g, Sat. Fat: 22.5 g, Carbs: 132 g, Fiber: 27 g, Sugars: 40 g, Protein: 44 g, Sodium: 2,433 mg, Cholesterol: 262 mg</p>	<p>NUTRIENTS: Calories: 1,390, Fat: 90 g, Sat. Fat: 15.5 g, Carbs: 126 g, Fiber: 33 g, Sugars: 37 g, Protein: 31 g, Sodium: 1,480 mg, Cholesterol: 203 mg</p>	<p>NUTRIENTS: Calories: 1,439, Fat: 94.5 g, Sat. Fat: 22 g, Carbs: 112 g, Fiber: 26 g, Sugar: 34 g, Protein: 44 g, Sodium: 1,843 mg, Cholesterol: 247 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 16; thawed)</p> <p>1 egg, hard-boiled</p> <p>SNACK: 3 stalks celery with ¼ cup tzatziki</p> <p>LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 19)</p> <p>1 serving Paprika Roasted Chickpeas (leftovers)</p> <p>SNACK: 1 cup halved strawberries</p> <p>DINNER: <i>Pita Pizza:</i> Brush 1 pita with 1 tsp EVOO and toast. Top with 1½ tsp olive tapenade, ¼ cup sliced roasted red bell peppers, 1 tsp feta and 1 tsp cilantro.</p> <p>1 cup spinach tossed with 1 tsp EVOO and ¾ tsp vinegar</p>	<p>BREAKFAST: <i>Mediterranean Avo Toast:</i> Top 1 pita, toasted, with ½ avocado, sliced, ¼ tsp paprika and 1 egg, cooked in 2 tsp EVOO. Top with pinch each salt and pepper and 1 tsp cilantro.</p> <p>SNACK: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 16; thawed)</p> <p>LUNCH: 1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 19)</p> <p>1 serving Spanish Snack Mix (leftovers)</p> <p>SNACK: ½ cup cherry tomatoes with ¼ cup hummus</p> <p>DINNER: <i>Spanish Chickpea Salad:</i> Toss together 2 servings Paprika Roasted Chickpeas (leftovers), 1 cup spinach, ½ yellow bell pepper, chopped, 2 tsp basil, 1 tsp each EVOO and harissa, ½ clove garlic, minced, ¾ tsp vinegar and pinch each salt and pepper</p>	<p>BREAKFAST: <i>Spinach Eggs with Feta:</i> Cook 2 cups spinach in 2 tsp EVOO just until wilted. Add 2 eggs, beaten, and stir until cooked. Sprinkle with pinch each salt and pepper and 1 tbsp feta.</p> <p>SNACK: 3 stalks celery with ¼ cup tzatziki</p> <p>LUNCH: <i>Veggie Pita Sandwich</i> (p. 19)</p> <p>1 serving Yellow Bell Pepper & Potato Soup with Saffron (leftovers, p. 19)</p> <p>SNACK: 1 serving Pomegranate Raspberry Smoothie (leftovers, p. 16; thawed)</p> <p>DINNER: <i>Tzatziki Salad:</i> Spread ½ cup tzatziki on a plate. Top with ¾ cup halved cherry tomatoes, tossed with 1 stalk celery, sliced, ½ cup chickpeas, 1 tsp cilantro, 1 tsp each EVOO and vinegar and pinch each salt and pepper. Serve with ½ pita, toasted and cut into wedges.</p>	<p>BREAKFAST: <i>Easy Harissa Shakshuka</i> (p. 20)</p> <p>SNACK: 1 serving Spanish Snack Mix (leftovers)</p> <p>LUNCH: <i>Open-Face Avocado Sandwich:</i> Top 1 pita, toasted, with ½ avocado, sliced, and pinch each salt and pepper. Top with ¼ cup chickpeas, 1 tsp cilantro and ¾ tsp red pepper flakes; drizzle with 1 tsp EVOO.</p> <p>SNACK: <i>Ginger Raspberry Compote:</i> Toss ½ cup frozen raspberries, thawed, with 1 oz pomegranate juice and ½ tsp minced ginger; muddle slightly. Top with 1 tsp mascarpone and ½ tsp basil.</p> <p>DINNER: <i>Chickpea Chopped Salad:</i> Toss together 1 cup spinach, ¼ cup chickpeas, ½ yellow bell pepper, chopped, 1 stalk celery, minced, 1 tsp each olive tapenade and EVOO, 2 tsp vinegar and ¼ tsp red pepper flakes. Sprinkle with 1 tsp cilantro.</p>
<p>NUTRIENTS: Calories: 1,068, Fat: 48 g, Sat. Fat: 10 g, Carbs: 138 g, Fiber: 26 g, Sugars: 42 g, Protein: 29 g, Sodium: 1,650 mg, Cholesterol: 205 mg</p>	<p>NUTRIENTS: Calories: 1,717, Fat: 94 g, Sat. Fat: 18 g, Carbs: 186 g, Fiber: 42 g, Sugars: 52 g, Protein: 50 g, Sodium: 1,924 mg, Cholesterol: 216 mg</p>	<p>NUTRIENTS: Calories: 1,386, Fat: 71 g, Sat. Fat: 19 g, Carbs: 153 g, Fiber: 30.5 g, Sugars: 48 g, Protein: 52 g, Sodium: 2,463 mg, Cholesterol: 443 mg</p>	<p>NUTRIENTS: Calories: 1,356, Fat: 80 g, Sat. Fat: 18 g, Carbs: 127 g, Fiber: 32 g, Sugars: 33 g, Protein: 42 g, Sodium: 1,573 mg, Cholesterol: 235 mg</p>

EVOO = EXTRA-VIRGIN OLIVE OIL

Yellow Bell Pepper & Potato Soup *with Saffron*

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

- 3 tbsp** extra-virgin olive oil, divided
- 1 lb** Russet potatoes, peeled and chopped
- 3 large** yellow bell peppers, chopped
- 3 large** shallots, minced
- 1 tbsp** peeled and minced fresh ginger
- 2 cloves** garlic, minced
- ½ tsp** sea salt + additional to taste
- ¼ tsp** ground black pepper + additional to taste
- 3½ cups** low-sodium vegetable broth
- ⅓ tsp** crumbled saffron threads
- 4 tsp** chopped fresh cilantro

1. In a large pot on medium-high, heat 1 tbsp oil. Add potatoes, bell peppers, shallots, ginger and garlic. Cook, stirring occasionally, until vegetables start to soften, about 12 minutes; season with salt and pepper. Add broth and saffron. Increase heat to high and bring to a boil. Reduce heat and simmer until vegetables are tender, 10 to 15 minutes.

2. Working in batches, carefully transfer soup to a blender and purée until smooth. (**TIP:** Remove plastic stopper in blender lid and cover with a towel to allow steam to escape.) Season with additional salt and pepper. Pour soup into bowls.

3. In a small bowl, combine remaining 2 tbsp oil and cilantro; drizzle over servings.

NOTE: Refrigerate leftovers and reheat when called for.

PER SERVING (1¾ cups): Calories: 252, Fat: 11 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 4.5 g, Sugars: 6 g, Protein: 4 g, Sodium: 434 mg, Cholesterol: 0 mg

VEGGIE PITA SANDWICH

Toast 1 pita and cut in half. Open halves and fill with 1½ tbsp olive tapenade, ½ cup spinach, ¼ cup roasted red bell peppers, chopped, and 2 tbsp each cilantro and feta, dividing among halves.





MEDITERRANEAN PANZANELLA

Chop 1 pita and toss with 1 tbsp EVOO and pinch each salt and pepper; bake at 350°F until toasted, turning every 5 minutes. Toss bread with 1 cup halved cherry tomatoes, ¼ cup chopped roasted red bell pepper, 2 tbsp EVOO, 1 tsp vinegar, ½ clove garlic, minced, and ½ tsp paprika. Top with 1 tbsp cilantro.

EASY HARISSA SHAKSHUKA

Heat ½ cup chickpeas with ¼ cup marinara and 1 tsp harissa; add pinch each salt and pepper. Top with 1 egg, poached, and 2 tsp cilantro.



SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 5 oz Manchego cheese
- 3½ oz crumbled full-fat feta
- 1 container mascarpone cheese

VEGGIES & FRUITS

- 13½ oz baby spinach
- 4 large yellow bell peppers
- 25 oz cherry tomatoes
- 2 bunches celery
- 3 large shallots
- 1 bunch fresh basil
- 1 bunch fresh cilantro
- 1 head garlic
- 1 lemon
- 1 lb butternut squash
- 1 lb Russet potatoes
- 1 2-inch piece fresh ginger
- 2 avocados
- 1 banana
- 2 pints strawberries

WHOLE GRAINS

- 8-count bag whole-wheat pitas (2 oz each)

NUTS, SEEDS & OILS

- 4 oz roasted salted walnuts
- extra-virgin olive oil

EXTRAS

- 2 15-oz cans BPA-free chickpeas
- 1 jar marinara sauce
- 1 jar black olive tapenade
- 1 8-oz container hummus
- 1 jar harissa paste
- 1 container tzatziki
- 1 qt low-sodium vegetable broth
- 15 oz 100% pomegranate juice
- 1 jar roasted red bell peppers
- 1 pkg dried unsweetened apricots
- 1 bag frozen raspberries
- red wine vinegar
- red pepper flakes
- saffron threads
- smoked paprika
- ground black pepper
- sea salt 