

# PLANT-BASED DEVOTEE

For the girl devoted to eating a predominately plant-based diet, this plan helps balance each plate to keep blood sugar stable and hunger calm with a substantial bridge snack. She also knows rounding out her daily menu with other plant-based staples, from supplements to self-care, is crucial to living a fully plant-loving lifestyle.

## Essential Wellness Tips:



### Boost with B-12

Being predominately plant based can make you highly prone to vitamin B-12 deficiency. Vitamin B-12 is vital for energy production, DNA synthesis, development of the brain and nerve cells and is integral to cell reproduction.\* NOW® offers high-quality vitamin B-12 in a variety of forms, from liquids and sprays to veg capsules and lozenges. I recommend keeping [Methyl-B 12 Lozenges](#) in your purse or car so they're easily accessible and you can take one or two each day.

### Vinyasa Your Way Fit

Vinyasa is a freeing yoga flow that offers a more cardio intensive workout to offset the higher carbohydrate intake of the plant-based devotee.

### Moisturize with Organic Almond Oil

[Almond Oil](#) is a natural oil derived from pressed almonds that's perfect for nourishing any skin type. It's easily absorbed and won't clog pores, promoting clear, soft, healthy-looking skin. Use almond oil as a natural makeup remover to leave your face feeling soft and revived.

“Almond Oil is a natural oil derived from pressed almonds that’s perfect for nourishing any skin type.”

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

 + KELLY LEVEQUE

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# SAMPLE MENU

## Plant-Based Favorites

### BREAKFAST:

#### DARK CHOCOLATE AVOCADO MOUSSE

2 large or 3 small very ripe avocados  
1 serving of **NOW® Sports Organic Creamy Chocolate Pea Protein**  
2 Tbsp **NOW Real Food® Organic Raw Cacao Powder**  
2 Tbsp **NOW Real Food® Organic Milled Chia Seeds**  
½ cup unsweetened almond milk  
1-2 drops **NOW Real Food® Organic Liquid Monk Fruit**  
¼ teaspoon ground cinnamon  
Sea salt

1. In a food processor or blender, combine the avocados, chocolate protein, cacao powder, milled chia seeds, almond milk, cinnamon and a pinch of salt.
2. Refrigerate for at least one hour.
3. Serve in a small bowl with your desired toppings, such as seeds, berries or nuts.



### LUNCH:

#### AVOCADO EGG SALAD

3 hard-boiled eggs  
½ avocado  
1 Tbsp **Ellyndale® Avocado Oil**  
1 Tbsp red onion, chopped  
1 Tbsp chives  
1 Tbsp parsley  
Sprinkling of **NOW Real Food® Organic Toasted Hemp Seeds**

1. In a medium bowl, fork mash avocado, avocado oil and hard-boiled eggs.
2. Stir in onion and herbs.
3. Serve over a bed of greens and sprinkle with hemp seeds.

# SAMPLE MENU

## Plant-Based Favorites



### BRIDGE SNACK:

#### KALE LEMON PEAR SMOOTHIE

- 1 serving of [NOW® Sports Organic Creamy Chocolate Pea Protein](#)
- ¼ avocado
- 2 Tbsp [NOW Real Food® Organic Black Chia Seeds](#)
- Handful of kale
- ½ lemon juiced
- ½ pear

1. Blend in a high-speed blender with or without ice. Pour into a glass and enjoy!

### DINNER:

#### BASIL BEAUTY VEGAN PASTA

- 1 package [Living Now® Organic Quinoa Pasta](#), any variety
- 2 Tbsp [Ellyndale® Organics Olive Oil](#)
- 1 clove garlic, minced
- ¾ cup coconut milk
- 1 Tbsp [NOW® Nutritional Yeast Flakes](#)
- 1 Tbsp lemon juice
- 1 small zucchini
- 1 cup fresh basil
- 2 cups spinach
- Sprinkling of [NOW Real Food® Organic Toasted Hemp Seeds](#)
- ¼ tsp salt

1. In a medium pot, boil quinoa pasta for 8 minutes (or until desired texture is reached). Drain and set aside.
2. In a blender, puree olive oil, garlic, coconut milk, nutritional yeast, lemon juice, zucchini, basil and spinach.
3. Pour pureed mixture into the pot and bring to a simmer.
4. Add pasta and mix to incorporate. Top with hemp seeds and salt to taste.

