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.
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

BASIL BEAUTY VEGAN PASTA
1 package Living Now® Organic Quinoa Pasta, any variety
2 Tbsp Ellyndale® Organics Olive Oil
1 clove garlic, minced
½ 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.

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:

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!

BASIL BEAUTY VEGAN PASTA
1 package Living Now® Organic Quinoa Pasta, any variety
2 Tbsp Ellyndale® Organics Olive Oil
1 clove garlic, minced
½ 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.