

Eat plants. For a change.

12 PRACTICAL WAYS TO EAT LESS MEAT, MORE PLANTS

Eating a more plant-based diet is easy when you have the support and resources you need. Less meat, eggs, and dairy on your plate means more progress for animals, people, and the planet—and more room for delicious plant-based foods!

You can change the world, by eating plants for a change. Use these tips to get started.

1 Make yourself a plant-based power bowl.

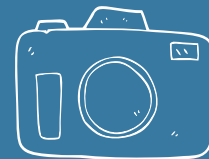
Serve yourself a power bowl loaded with all the food groups—no side dishes necessary! A helpful way to remember the components of a power bowl is to start with the big three: grains, greens, beans. Then you can layer on the flavor with nuts, seeds, extra veggies, fruits, herbs, and a dressing.

Aim for different textures and complimentary flavors. For example, enjoy a protein-packed Mediterranean bowl with quinoa, baby spinach, chickpeas, cucumber, kalamata olives, parsley, toasted pine nuts, and a tahini dressing. For more inspiration, try searching for [plant-based power bowls](#) on Pinterest!



2 Get inspired on Instagram.

Hop on Instagram, where a world of drool-worthy photos and recipes for plant-based food awaits! Search popular hashtags like #plantbased or #whatveganeat, and follow popular Instagrammers like @minimalistbaker, @thecolorfulkitchen, @veganfoodshare, @lazycatkitchen, and @veganricha, to name a few.



3 Get a plant-based cookbook.

Whether you're a long-time vegan or just venturing into the world of plant-based foods, getting your hands on a new cookbook is a great way to get inspired, learn new techniques, and find your next go-to favorite meal.

Here are just a few to get you started: [Vegan for Everybody](#) by America's Test Kitchen, [Clean Food](#) by Terry Walters, The Minimalist Baker's [Everyday Cooking](#), [The No Meat Athlete Cookbook](#), and [Vegan on the Cheap](#) by Robin Robertson.



4 Find umami flavor-packed plants.

Umami is the recently discovered fifth taste (after sweet, sour, bitter, and salty) that gives your food a savory flavor. Umami is what makes meat taste, well, meaty - but you can get the same savory deliciousness from certain plant-based foods. Here are just a few umami powerhouses to get you started: shiitake and porcini mushrooms, soy sauce, asparagus, peas, roasted potatoes, nutritional yeast, sun-dried tomatoes, and toasted pumpkin seeds.

And because we can't talk about umami without mentioning bacon, here's a secret recipe for turning shiitake mushrooms into plant-based bacon: thinly slice shiitake mushroom caps, lightly coat with olive oil, and sprinkle liberally with salt and pepper. Bake at 375°F for about 30 minutes, flipping often to avoid burning. You're welcome!



5 Try plant-based meats.

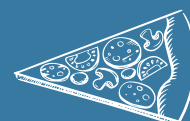
"Holy grail." "Game changer." "Freaking mind blowing." These are just some of the praises people are singing about innovative plant-based alternatives to meat, egg, and dairy on the market today. Whether you're grocery shopping for [Gardein Chick'n Strips](#), dousing your salad in dairy-free [Just Ranch](#), or trying the [Impossible Burger at White Castle](#), vegan meats aren't hard to find.

The [LA Times](#) even called the [Beyond Burger](#) "A burger so similar to the classic American burger (and far more healthful) that it's become the first ever plant-based product sold in the meat department at Whole Foods."



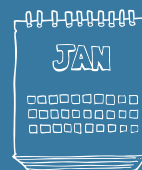
6 Make your favorite meal plant-based.

Eating a more plant-based diet doesn't have to be about giving up the foods you already love. It's always fun to veganize traditional favorites! Think buffalo cauliflower "wings," jackfruit barbecue pulled "pork," chickpea "tuna" salad, black bean and veggie [enchiladas](#), or cashew cheese [pizza](#).



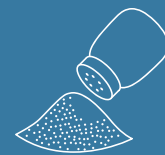
7 Go meat-free during the week.

For many people, going cold turkey on the turkey can be too much, too soon. Ease into the world of plant-based eating by committing to a meat-free work week. You could also consider going plant-based during the day, or for two meals per day. By making a conscious commitment to regularly eat less animal protein, you're more likely to stick to it.



8 Remember to season.

Don't set yourself up for failure with bland meals. Make your veggies extra tasty by kicking the flavor up a notch with spices and sauces! Professional chefs recommend seasoning every ingredient in a dish; even a simple sprinkle of salt will draw out moisture from a vegetable to help concentrate the natural flavor. And having a few go-to sauces in your toolbelt will help enhance quick weeknight dinners so you don't get bored. (Pro tip: If you love that smoky, fresh-off-the-grill flavor, try a dash of liquid smoke in your veggie stir fry or marinade. You can often find it in the spice aisle of your grocery store.)



9 Try a naturally dairy-free cuisine.

People in many parts of the world don't rely on cheese or milk-based products to add flavor and filling to their meals. Explore Chinese, Indian, and other commonly dairy-free cuisines for a whole new world of delicious plant-based flavors.

Head to an Asian restaurant you've never tried before, or buy an unfamiliar spice blend to get creative in the kitchen!



10 Explore plant-based protein - it's everywhere!

You don't have to rely on soy burgers to get your daily protein. There is a huge variety of plant-based protein sources waiting to be discovered! Variety is key to getting complete nutrition when eating a more plant-based diet. Many foods you're probably already familiar with have a high protein content, like peanut butter, beans, lentils, chickpeas, and whole wheat bread. You can also try quinoa, sunflower seeds, tempeh, oats, peas, soy milk, and almonds - each of these has at least 7 grams of protein per serving!



11 Make tofu the right way.

Straight out of the package, tofu may not look (or taste) like much. But prepared properly, tofu can be one of the tastiest and most versatile proteins in a plant-based kitchen. Tofu absorbs whatever liquid you marinate or cook with, and it can be baked, steamed, sauteed, or fried.

For a denser, more 'meaty' texture, try the baking method! Start by draining a package of extra-firm tofu, and slice into 1/2 inch slabs width-wise. Then press out as much moisture as possible by placing the tofu slabs on a flat surface in between a layer of towels, and put something heavy on top like a cast iron skillet or two large cans of beans.

Press for 15-30 minutes before adding the slabs to a bowl with your favorite marinade (we recommend a blend of soy sauce, ginger, and sesame oil to start!). In a 400° F oven, bake the tofu for 30 minutes, flipping halfway through. You'll know it's ready when the edges begin to crisp and blacken. Enjoy as a main dish, a salad topper, or a stir fry add-in.



12 Throw a plant-based dinner party.

It helps to have a support system when you're making a dietary change. Why not throw a plant-based shindig to introduce your friends to vegan options, and get some experience yourself in the kitchen at the same time? Ask everyone to bring a 100% plant-based side dish, appetizer, or dessert.



Want more help and inspiration? Join our private Facebook group, [Eat Plants For A Change!](#)

