

# Download Plant Based Nutrition A Quick Start Guide For A Plant Based Diet

One of the most powerful steps you can take to improve your health is to move to a plant-based diet. We have everything you need to know to get started here. A whole foods vegan diet can give your body everything it needs, though we understand many of you may still have some questions of concern about nutrition and a plant-based diet. Bored with the same old breakfast foods or need inspiration for brunch? Look no further, we've got you covered. The possibilities for scrumptious plant-based dishes to start your day are endless. From fluffy tofu scramble and jazzy avocado toast, to 3-ingredient pancakes and strawberry chia seed ... A whole food, plant-based diet includes vegetables, whole grains, nuts, seeds, legumes, tubers and fruits, with no animal products (meat, fish, eggs, dairy, and poultry) or processed foods. Check out our 3 day sample menu of delicious, plant-based recipes to help you get started on your plant-based ...