



## What is a Plant-Based Diet?

The internet is flooded with arguments regarding which diet is best for you. Most health and wellness communities support diets that lay emphasis on fresh, whole, plant-based foods. This is because they advocate the elimination of processed foods which are harmful to the body. A plant-based diet meal plan results in overall wellness along with stimulating weight loss.

### What is a Plant-Based Diet Meal Plan?

A lot of people have asked for the meaning of a plant-based diet and what it specifically constitutes, yet there is no concrete response. This is because it is not actually a set diet but a **lifestyle**.

Plant-based diets are unique to the person following them. The number of animal products consumed varies from person to person. Nevertheless, certain principles of the diet are consistent. These include:

- Emphasizing on whole, unprocessed foods
- Limiting or eliminating animal products
- Cutting out refined foods such as processed oils, white flour, and added sugars
- Increasing consumption of plants, including fruits, vegetables, nuts, legumes, seeds, and whole grains
- Keeping an eye on food quality, which means that you choose organic, locally sourced, and freshly produced food

Plant-based diets are often linked with vegan or vegetarian diets. However, even after having certain similarities, they are not the same.

People following vegan diets don't consume any animal products such as meat, dairy, seafood, eggs, and poultry. In fact, did you know that honey is also not vegan because it is produced and extracted from honeybees? Vegans depend on alternatives like maple syrup. Vegetarians eliminate all meat and poultry from their diet but they can still consume dairy, gelatin, honey, and more such foods.

A whole food, plant-based diet is somewhat more flexible. It focuses mostly on plant-sourced foods but it does not abstain the consumption of animal products completely. It is absolutely encouraged however! I always like to promote a plant-based, vegan lifestyle in my coaching and on my TV show.

## **A Plant-Based Diet Meal Plan Can Help to Lose Weight and Improve Health**

Obesity is a growing concern across the globe. More and more individuals are suffering from the issue. Studies have observed that [plant-based diets help with healthy weight loss](#). This is because such a meal plan is rich in fiber and low on processed foods, making it a winning combination for losing extra pounds.

Moreover, following a healthy plant-based diet can help to maintain weight in the long run. As soon as you remove processed foods such as candy, soda, refined grains, and fast food from your daily routine, you are in a better position to manage your weight and shed out any extra pounds.

Plant-based diets also support overall health. They help with keeping your heart healthy, reducing the risks of certain types of cancer and diabetes, and preventing cognitive decline.

Reference - <https://www.pcrm.org/health-topics/weight-loss>