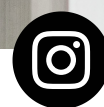


————— WORKBOOK —————

# Your Complete Guide to Master Plant-Based Eating



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*eat to nourish*



# Welcome

To the Eat to Nourish Community! I am so excited to have you on this journey to well-being with me. I am a Registered Dietitian who is passionate about educating and empowering people with the knowledge and tools they need to completely transform their health.

I whole heartedly believe that while there isn't one right diet for everyone, everyone can benefit from eating more whole, plant foods. I have made it my mission to educate as many people as possible about the power of nutrition, plants and lifestyle habits so that they can be the healthiest versions of themselves possible.

No matter what your health goal is, I am confident that we can reach it together.

*haeli draper*

Plant-Based Registered Dietitian



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## LECTURE

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# Plant-Based Basics

What is plant-based eating? What are the benefits of eating plant-based? Common mistakes made when transitioning to a plant-based diet and how to avoid them. How to build a plant-based plate. Discovering your why. My biggest piece of advice!



Plant-based diets - i.e. eating patterns that emphasize legumes, whole grains, vegetables, fruits, nuts and seeds and discourage most or all animal products - are especially potent in preventing type 2 diabetes and have been associated with much lower rates of obesity, hypertension, hyperlipidemia, cardiovascular mortality, and cancer.

*McMacken, 343-344*



# Plant-Based Basics

## Eat more of these foods ...

- Vegetables
- Fruits
- Whole Grains
- Legumes
  - Beans, lentils, split peas, peanuts, tofu, tempeh, edamame, soy milk.
- Nuts
- Seeds
- Herbs
- Spice

## Eat fewer of these foods ...

- Overly processed foods
- Animal foods

plant-based foods / enjoy

plant-based foods / would like to try



# What's Your Why?

What sparked something in you that made you want to change your lifestyle? Why do you want to eat more plant-based or adopt a vegan lifestyle?

There are a number of reasons to start eating plant-based and finding what speaks to you is important. Not only does defining your why help you keep on track with your wellness goals, it can help you navigate conversations with others about your new lifestyle changes.

Do any of these "why's" ring true for you?

- Wanting to decrease your environmental footprint.
- Your love for animals.
- You want to prevent or manage a chronic disease.
- You want to improve your blood pressure, cholesterol or blood sugars.
- You want to live longer.
- You want to be around for your children and grandchildren.
- Improve your mental health.
- Improve your digestion.
- Improve skin conditions like acne, eczema and dermatitis.
- Improve your athletic ability.
- Manage GI conditions like IBS, Ulcerative Colitis, Crohn's Disease or Diverticular Disease.
- You want to feel better in your own skin.
- Improve your relationship with food.
- Feel more energetic!
- Save money (yes, you will!)
- And so many more ...

*i want to eat more plants because ...*



my notes



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## LECTURE

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# Meeting Your Nutrient Needs With Plants At Any Age

Do you need a supplement? Where to get protein, vitamin B12, omega-3's, vitamin D, zinc, iron, iodine, calcium and choline on a plant-based diet.





my notes



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# Plant-Based Pregnancy, Babies and Toddlers

Plant-based pregnancy and preparing for baby. Pregnancy supplement guide. Common concerns about plant-based diets for kids. Nutrition for plant-based kids 0-12+ months. Dealing with picky eaters.



my notes



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# Stocking Your Plant-Based Kitchen



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# Plant-Based Substitution Guide

Are you ready to give your meals a plant-based makeover? Your complete guide to plant-ify any recipe.



# Plant-Based Makeover

Pick out one of your favourite omnivore recipes and plant-ify it using your **Plant-Based Substitution Guide**.

*original recipe*



*plant-ified recipe*



my notes



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## LECTURE

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# What to Expect When Eating More Plants

Navigating changes in digestion, taste and hunger.  
How to deal with unsupportive family and friends,  
picky eaters and inexperience in the kitchen.



*my notes*



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## LECTURE

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# Budget Friendly Plant-Based Eating

Plant-based money and time saving tips.  
Plant-based meal planning and prep.



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LECTURE

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# Plant-Based Eating Outside The Home

Travelling and eating out plant-based.



my notes



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# Beyond Nutrition

The importance of managing stress, getting adequate sleep, moving your body and creating meaningful connections for your overall health and well-being.



# Beyond Nutrition

**Nutrition plays a huge role in your overall health, but it shouldn't be our only focus. Other lifestyle factors including sleep, movement, stress management and a sense of community also have a very important role in our health and well-being.**

Here are two actions I can take to help improve my sleep.

Here are two actions I can take to incorporate more movement into my day.

Here are two actions I can take to help manage my stress.

Here are two actions I can take to connect to my friends and family.





# S.M.A.R.T Goals

Setting goals is an important part of your health and wellness journey. Instead of setting goals that are outcome oriented, let's set goals that are behaviour and action oriented.

Have you ever you wanted to be “healthier”, but when you sat down to think about it, you had no idea where to start or what “healthier” even means to you. Have you ever set a big goal, become overwhelmed and given up?

This is where SMART goals come in.

**Specific, Measurable, Action Oriented, Realistic and Time Oriented.**

Making lifestyle changes can be challenging and setting realistic and action oriented goals can help to take away the overwhelm.

Not every goal you set is going to end up working for you and there is absolutely no reason for you to feel bad about that. You can adjust your goals at any time! Maybe setting the goal of cooking two meals a week at home was a bit overwhelming and you need to cut it back down to one meal a week to start.

SMART goals are the quickest way to make lifestyle changes stick with you long-term.

Make sure to celebrate your successes. Share with those close to you what you've accomplished, go for a walk with a friend, book a spa day, buy a new book – whatever makes you feel good.

## Sample S.M.A.R.T Goals

**Ambiguous Goal:** I am going to eat out less.

**SMART Goal:** I am going to cook a homemade meal 3 nights this week.

**Ambiguous Goal:** I am going to eat more vegetables.

**SMART Goal:** I am going to eat 1 cup of vegetables at dinner 4 nights this week. I will choose a new vegetable to try each week for the next 4 weeks.

**Ambiguous Goal:** I am going to increase my fiber.

**SMART Goal:** I am going to switch to whole grain options and add 2 tbsp ground flax to my breakfast every day for the next 2 weeks.

**Ambiguous Goal:** I am going to exercise more.

**SMART Goal:** I will go for a 30 minute walk after work 3 days this week.

**Ambiguous Goal:** I am going to get more sleep.

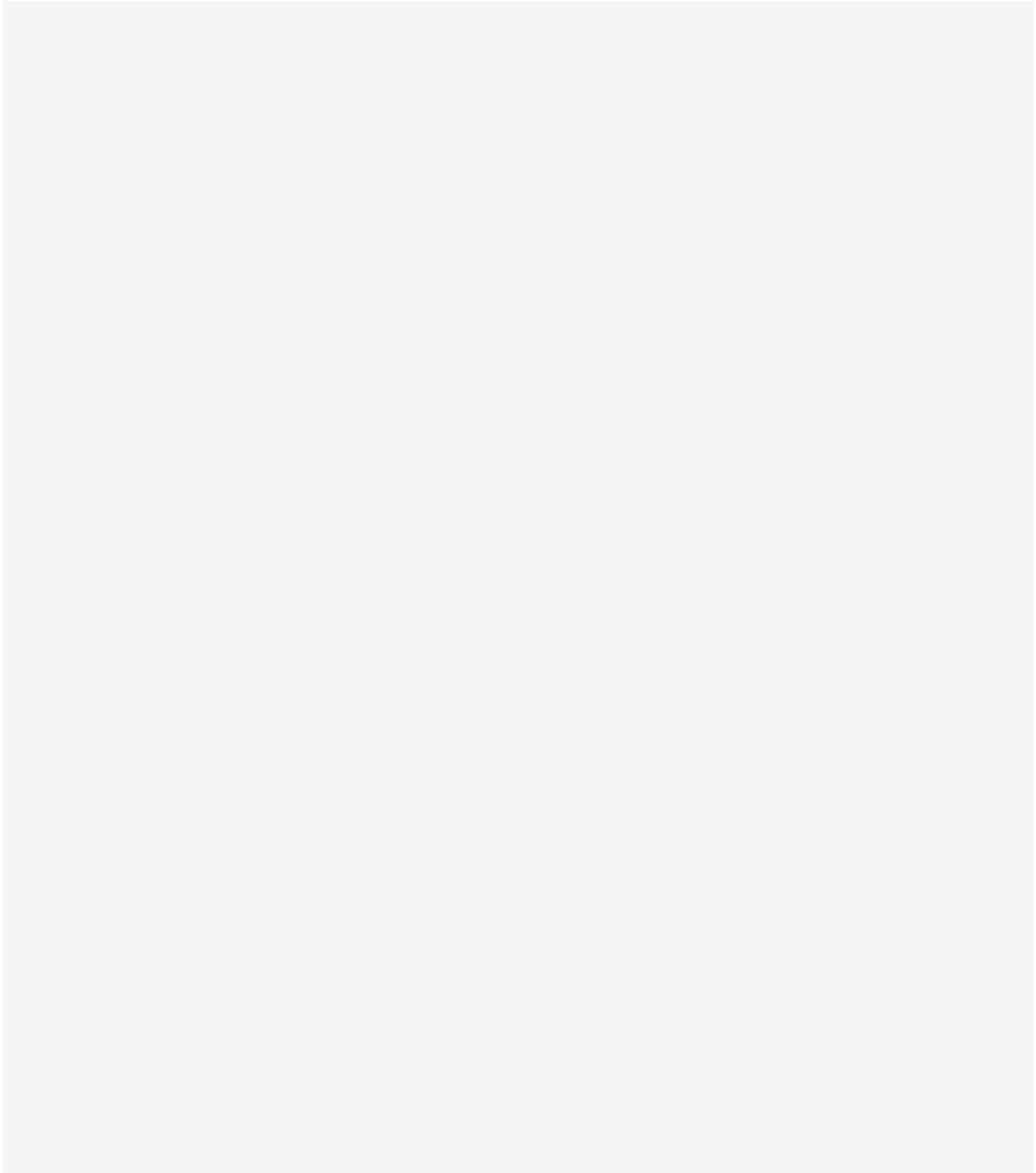
**SMART Goal:** I am going to stop looking at my phone or TV 30 minutes before bed every night this week.



Your Complete Guide to Master Plant-Based Eating

# My S.M.A.R.T Goals

Specific, Measurable, Action Oriented, Realistic and Time Oriented.



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**Eat food.  
Not too much.  
Mostly plants.**

*michael pollan*

