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INFO SHEET: BREAKFAST, SNACKS, & MEAL TIPS

Resources

There are a wide variety of healthy choices when preparing plant-based meals and snacks. This Info Sheet outlines some quick and easy options for breakfast and snacks and includes tips for flavoring meals that will assist you in your transition to a plant-based lifestyle.

Breakfast

Start your day off right with a whole food, plant-based meal. Staples to have on hand that will keep you feeling full and satisfied throughout the morning, include oats, cold cereals, or whole-grain bread.

- **Cold Cereals:** Choose high-fiber cold cereals (whole-wheat or oat) with plant-based milk (such as soy, almond, rice, etc.). Add berries, peaches, and/or bananas. Be sure to check nutrition labels for:
 - The first ingredient is a whole grain
 - No added oil ingredients
 - Low sugar - less than 6 grams/serving
 - Low sodium - less than 200mg per serving
- **Hot Cereals:** Choose whole grains like oatmeal, steel cut oats, brown rice, or wheat berries, and flavor with fruit, nuts, and a plant-based milk.
- **Plant-based milks:** Try unsweetened almond, soy, coconut, cashew, rice, oat, hemp and more! Most grocery stores have almond and soy.
- **Breakfast Sandwiches:** Excellent for breakfast on-the-go. Choose whole-grain bread and add avocado, peppers, tomatoes, cucumbers, and lettuce.
- **Muffins:** Another great on-the-go breakfast. Experiment with different fruits, nuts, spices, and grains until you find what you like. Try to avoid muffins with added oil.
- **Fruits and Dried Fruits:** Slice fresh fruit or thawed frozen fruit to add to hot or cold cereal. Purchase dried fruit with no added sugar.
- **Nuts:** Add a small handful of nuts to your cereal to obtain added nutrients.
- **Spices:** Season hot and cold cereals with cinnamon, nutmeg, or pumpkin pie spice. You can also add almond, vanilla, or coconut extract to your cereals.
- **Flax meal:** Flax meal is ground flax seeds, which are loaded with nutrients, like omega-3 fatty acids and fiber. Add a tablespoon or two to your cereals.
- **Whole-grain breads:** Try toast with jam (no sugar added) or nut butters (no added oil) for a quick and easy breakfast on-the-go. Be sure to eat only 100% whole-grain breads -- reading the ingredients is essential. If you use nut butters, don't overdo it.



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- **Creamers:** Most creamers are full of partially hydrogenated oils and are not a healthy option. If you enjoy creamer in your coffee or tea, try soy creamers. They do have oils but they are healthier than heavy cream or artificial creamers.
- **Sugars:** If you find that going with no added sugars is too difficult we recommend you use the following sweeteners sparingly: maple syrup, agave, or stevia.

Snacks

When you need a snack between meals, here are some recommendations.

- **Fruits and Veggies:** Always pack a few pieces of your favorite fruits and veggies to bring with you. Some ideas for fruits are apples, oranges, grapes, strawberries, watermelon and blueberries. Ideas for veggies include chopped carrots, celery, cucumber, sweet peppers, snow peas, broccoli or cauliflower. For veggies, try experimenting with a fat-free dressing or oil-free hummus to dip them in.
- **Popcorn:** Popcorn is a great snack as long as you avoid microwave butter popcorn and stovetop oil popcorn. To prepare healthy popcorn simply place $\frac{1}{4}$ cup of unpopped corn into a brown lunch bag, fold the bag down slightly, and microwave for 2-2½ minutes. Feel free to spray with soy sauce and season with garlic powder, nutritional yeast, dulse flakes and a little sea salt for a savory treat.
- **Roasted Chickpeas:** Season chickpeas with your favorite spice mix or sauce and place them on parchment paper and bake at 400 degrees for 15-20 minutes or until browned and slightly dried. You can make these ahead of time to carry in a baggy for a great tasting snack that is loaded with fiber and protein.
- **Hummus or Bean Dips:** Prepare your own dip and store it in the fridge to use with veggies or on sandwiches or wraps. Try fat-free refried beans, or mix in some salsa to create a delicious dip. Or make your own hummus with chickpeas, lemon, garlic and tahini. If you purchase hummus from the store, be sure to read ingredients and find one without added oil.
- **Edamame:** You can buy frozen edamame in the shell or shelled. A tip is to steam it in the shell, sprinkle a bit of salt on top and snack away! Edamame is very satisfying and makes for a great lunch-box snack.
- **Rice Cakes:** Rice cakes are an excellent snack topped with hummus or avocado and tomato on top. Try adding some fresh sprouts and cracked pepper for extra flavor. Be sure to check ingredients for no added oil.
- **Frozen Fruit:** Try some frozen berries or mangoes and pour a bit of plant-based milk over the top for a delicious evening snack. You can also add slivered almonds, oil-free granola or vanilla extract for extra flavor. Another idea is to place frozen banana slices and other frozen fruits in a food processor and blend into a fruit-based ice cream. Try blending bananas, dates, a splash of plant-based milk, and a little carob or cacao powder for a healthy chocolatey treat. This creates a great alternative to vegan ice creams from the store, which are usually high in sugars and oils.





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Meal Tips

Whether you are making your own plant-based meals or using PlantPure, Inc.'s frozen entrees, here are some universal tips you can try to spice up your meals.

- **It is okay to add a little salt and/or sauces.** Until your taste buds become accustomed to a plant-based diet, you may prefer to sprinkle a little salt on your meals. If you like a little more pizzazz, feel free to add a little hot sauce, sriracha, or soy sauce. Do try and reduce your salt intake over time though; you will find your palate adjusts after a break from eating animal-based foods.
- **Too spicy?** This is an easy fix. Simply cook more rice or pasta and add to the sauce base of your meal.
- **Add finely chopped greens to any meal for an extra nutritional boost!** Spinach or kale are excellent greens for this. They are both solid washed and in small leaves, and will wilt to a small volume if mixed in with a steamy meal.
- **Purchase pre-cut vegetables in the produce aisle.** Chopped kale, broccoli, onions, potatoes, ginger, garlic and more come pre chopped/minced to save prep time.
- **Keep a variety of vegetables at home.** You can always substitute a loaded veggies salad as a major meal or to eat as a snack. If eating a salad as a meal, consider topping it with a grain (quinoa, brown rice, barley, farro etc.) and a legume (chickpeas, black or cannellini beans, lentils) to make the meal more satisfying.
- **Snack on raw veggies and fruit throughout the day.** Try pairing veggies with oil free hummus, black bean dip, or salsa.



PPC would like to thank PlantPure, Inc. for putting together an extensive list of breakfast, snack, and meal tips, which was the foundation for this Info Sheet.

We welcome you to send suggestions and ideas to info@plantpurecommunities.org. This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated December 2017.