

PLANT-BASED EATING ON A BUDGET

Healthy, plant-based eating doesn't have to be expensive, time-consuming or bland.

Here are some tips to help you save time and money:

- Have a general idea of what to buy and at which stores prior to leaving the house
 - Look at coupons to see what is on sale
- Fresh vegetables, fruits, and other plant proteins are typically the only items that need to be replenished weekly. Other items can be purchased in bulk when needed or on sale.

FRUITS

Aim for two to three fruits each day. Buy at least two different fruits.

- Apples
- Bananas
- Blueberries
- Grapefruit
- Grapes
- Kiwi
- Melons
- Oranges
- Peaches
- Pears
- Strawberries

WHOLE GRAINS

Choose the whole-grain variety whenever possible.

- Bread(whole-grain;the first ingredient should list the word "whole")
- Cereal(choosecereals with 5 g or more of fiber and fewer than 5 g of sugar per serving).
- Flour(whole-wheat;may be whiteorbrownin color)
- Oatmeal(old-fashioned rolled oatsorsteel-cut oats),
- Pasta or noodles(whole-wheat),
- Rice (brown)
- Tortillas (whole-grain)

VEGETABLES

Eat at least 3 to 5 cups of vegetables daily. Variety can make food more interesting and delicious.

- Asparagus
- Beets
- Bok choy
- Broccoli
- Brusselsprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Greens:chard,collards, kale, leeks,spinach
- Lettuce:red,romaine
- Mushrooms
- Onions,shallots
- Peas,peapods
- Peppers:green,red, yellow
- Ready-to-eatveggie snacks: carrots,celery, radishes

NUTS & SEEDS

Aim for one ounce per day of unsalted nuts and seeds as snacks or sprinkle them on top of salads or casseroles.

- Almonds
- Cashews
- Hazelnuts
- Peanuts
- Pecans
- Pistachios
- Walnuts
- Sunflower seeds
- Pumpkin seeds

BEANS & LEGUMES

Dried, frozen or canned

- Lentils
- Peas
- Black-eyed peas
- Kidney beans
- Black beans
- Lima beans
- Pinto beans
- Soybeans
- Chickpeas

OTHER PLANT PROTEINS

- Tofu, tempeh, seitan, meat alternatives (if desired)
- Plant milks (soy, almond, oat, etc.)

MANY STRENGTHS.ONE MISSION.

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