



JNB HEALTH JOURNAL PRESENTS

Plant Based:

The answer to all our problems?

Inside:

- Effects and Benefits
- Plant based on a budget
- +Tasty low price Recipes

Plant Based 101

What Is A Plant Based Diet?

According to Harvard Health, plant based is when “you are proportionately choosing more of your foods from plant sources.”



Editor's Opinion

Wanted to reduce your meat consumption but being frightened by the strictness of veganism is common today. Going plant based is great for a slow start to veganism or can be a permanent lifestyle to embrace. It is also critical in today's world to be reducing our carbon footprint, another benefit to eating plant based.



Benefits

The key word is “choice”. You still have options of food you can eat and can receive many benefits. These include reduced risk of heart diseases. Your choices also have positive effects on the world and environment. Meat production exacerbates the climate crises so not supporting that industry means helping the planet.

Going plant based while on a budget is not easy at first. Health always seems to be the cost. Nowadays there are so many others in that situation online with recipes and advice to share. A great way to eat healthy and tasty is to try recipes from other cultures. See page 2 for budget friendly recipes.



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Plant Based Goodness



Eating plant-based doesn't have to be plain. There are many recipes from various cultures that are healthy, plant based and tasty, just like this delicious mung bean "sak" from the Gujarati culture!

BEST PLANT-BASED protein sources

| Food and Amount | Protein | Food and Amount | Protein |
|---------------------------|----------|-----------------------------|---------|
| 100g TEMPEH | 18 grams | 2 tablespoons PEANUT BUTTER | 8 grams |
| 1 cup (cooked) LENTILS | 18 grams | 1 cup COOKED QUINOA | 8 grams |
| ½ cup shelled EDAMAME | 13 grams | about ½ cup ROASTED PEANUTS | 7 grams |
| 1 cup canned BLACK BEANS | 15 grams | about ½ cup ALMONDS | 6 grams |
| 1 cup canned KIDNEY BEANS | 13 grams | ½ cup ROLLED OATS | 5 grams |
| 100g FIRM TOFU | 12 grams | 1 cup BROCCOLI FLORETS | 3 grams |
| 1 cup canned CHICKPEAS | 12 grams | 1 cup STEAMED KALE | 3 grams |
| 2 Tbsp NUTRITIONAL YEAST | 8 grams | 1 cup PLAIN SOY MILK | 8 grams |
| 3 Tbsp HEMP SEEDS | 10 grams | | |

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quick & lazy vegan meals

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For extra savings, use frozen veggie mix, for healthier version, use whole grain carbs