

A plant powered diet

Healthy nutritional solutions



Cheat sheet: vegetarian vs vegan

Contrary to popular belief, there are distinct differences between these diet preferences.

→ Vegetarian

Eats no meat (including fish and poultry) but does eat eggs, dairy and cheese.

→ Lacto-vegetarian

Eats dairy and cheese but no eggs.

→ Ovo-vegetarian

Eats eggs but no dairy or cheese.

→ Pescatarian

Includes fish in an otherwise vegetarian diet.

→ Flexitarian

Mostly vegetarian but occasionally eats meat, chicken or fish. This is growing in popularity as more people become aware of sustainable eating and the benefits of a plant-based diet.

→ Vegan

Eliminates all meat, fish, dairy and other animal-derived foods (such as eggs and honey) and products (such as leather).



PLANT POWER Not only are beans packed with protein, full of fibre and low in fat, they are naturally free of cholesterol and gluten. PLUS they're versatile, economical and store well.

Plant-based plate

CHOOSE MOSTLY WHOLE FOODS THAT REQUIRE MINIMAL PROCESSING AND INCLUDE ALL THE MAJOR FOOD GROUPS.



Source: Live Strong

HEALTH COACH: Remember, plant-based doesn't automatically equal good health. There are foods that do not contain animal products, such as samosas, pies, cupcakes and chocolate, which are not healthy choices.



Plant-based PANTRY

Choosing plant-based doesn't require a complete change of lifestyle. Even just one or two plant-based meals a week is better for you and the environment.



Research has shown that following a plant-based diet, along with regular physical activity, can reduce the incidence of obesity, heart disease and type-2 diabetes. This is due to the fact that a varied plant-based diet is lower in saturated fat and has more B-vitamins, fibre and antioxidants.

Are you milking it?

Plant-based milks are made from rice, soy, almonds, oats and coconut. They are popular with people who can't drink cow's milk or who follow a vegetarian or vegan diet that excludes dairy. Look for non-dairy milks that are enriched with calcium, vitamin D and vitamin B12.

TASTING NOTES



Soy
 ② Almost as much protein as cow's milk. Silky texture similar to low-fat or skim milk.
Taste: A bit nutty or beany, often sweetened.

Almond
 ② Lower protein content, but a favourite for its pleasant flavour and creamy texture.
Taste: Creamy, with a hint of sweetness.

Coconut
 ② High in unhealthy saturated fat. Good for cooking and baking, as it's rich and creamy, but use in moderation.
Taste: Distinctly coconutty.

Rice
 ② Good for people with nut allergies. Low in protein and calcium. Watery, light and refreshing.
Taste: Fairly neutral.

Oat milk
 ② Smooth and rich, with more protein than rice, almond and coconut milks.
Taste: Like dairy milk but sweeter and creamier.

TOP TIP Vitamin B12 is only found in food of animal origin, so vegans should take a supplement, as well as choose products that are fortified with vitamin B12, to ensure an optimal intake.

VEGAN FOR A DAY?

While experts agree that there are many health benefits to following a plant-based lifestyle, many people mistakenly think this diet is bland and uninteresting. Here's what a menu could look like:

BREAKFAST

Seed-loaf toast with scrambled tofu, avocado and roasted cherry tomatoes + tub of soy yoghurt

LUNCH

Wholewheat pasta with lentil 'meatballs' in a tomato-based sauce + a side salad

DINNER

Vegetable paella (brown rice or quinoa with onions, tomatoes, bell peppers, artichoke and chickpeas)

SNACKS

Crackers with hummus or nut butter + peanuts and raisins

Snacks: shopping list

Fresh whole fruit and veg, dates, nuts and seeds, edamame (young soy beans) and popcorn.

CONSCIOUS COOKING

Maintaining a healthy diet doesn't mean you should skimp on flavour. Try these delicious plant-based recipes

✔ STICKY TOFU TORTILLA TACOS

Hang 4 PnP multiseed and chia tortilla wraps over two wires of oven rack and bake at 180°C until crisp, about 5 minutes. **Press** 2 packs (220g each) extra-firm plain tofu between kitchen paper to remove liquid, then cut into 3cm blocks. **Heat** 1 Tbsp (15ml) olive oil in a pan on high heat. **Fry** tofu until golden-brown, 8-10 minutes. **Stir** in ½ cup (125ml) plum sauce and cook for 3-5 minutes until sticky. **Remove** and season. **Divide** 1 head broken up cos lettuce and tofu between tacos, along with 1 tub (100g) PnP bean sprouts, ½ tub (27g) PnP pickled red onion slices, 1 sliced avo and 3 mini cucumbers, sliced. **Serve** with coriander and lime wedges. **SERVES 4**



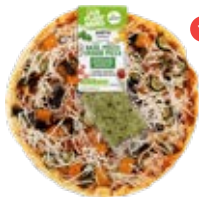
🍋 SOY-BASTED BRINJAL WEDGES

Slice 4 large brinjals into wedges and place on an oven tray. Season and toss in 2 Tbsp (30ml) olive oil. **Roast** at 180°C for 20-25 minutes. **Whisk** ¼ cup (60ml) each soy sauce and vegan honey, 1 Tbsp (15ml) PnP chopped ginger, garlic & chilli and grated peel of ½ lemon together in a saucepan. **Simmer** on medium heat for 5 minutes to thicken. **Coat** brinjals with soy basting, return to oven and roast for 15-20 minutes, basting 2-3 times as you go. **Toss** 1 packet (250g) cooked wholewheat noodles with 1 punnet (200g) blanched sugar snap peas, 2 sliced spring onions and a handful sesame seeds. **Top** with brinjal wedges and garnish with chilli and basil. **SERVES 4-6**



GO NUTS! Nuts and seeds are full of heart-healthy essential fats. They also provide a protein boost as well as a range of micronutrients, including calcium. Flaxseeds, sesame seeds, pine nuts, walnuts and sunflower seeds are top choices.

✔ For more recipes, visit pnpfreshliving.com



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— Pick —
one **small** thing

PLAN MORE MEAT-FREE
MEALS AND USE LEGUMES
AS A SOURCE OF PROTEIN



2

8



3



Meat-free
Mondays

7



4



6



5



LOOK OUT FOR:

1. PnP Live Plant Based basil pesto veggie pizza;
2. PnP Live Well lentil & vegetable cottage pie;
3. PnP Live Plant Based olive & herb tofu salad cubes;
4. PnP Live Well lentil bobotie;
5. PnP Live Plant Based corn & chickpea burgers;
6. PnP Live Plant Based mixed grain buddha bowl;
7. PnP Live Well carrot, sweet potato, chick pea & coriander soup;
8. PnP Live Plant Based chana masala & roti

Contact PnP's registered dietitian for health and dietary advice
email healthhotline@pnp.co.za or visit adsa.org.za for a dietitian in your area