



# How to Eat Healthy with Meatless Monday Meals

## WHY MEATLESS MONDAY?

Eating more fruits, vegetables, beans, and whole grains can help you stay healthy and live longer. And people who start their week with Meatless Monday tend to eat healthier all week long.

Consuming less red and processed meat and more plant-based foods can **lower your risk of:**

- Heart disease
- High blood pressure
- Chronic kidney disease
- Type 2 diabetes
- Certain cancers
- Obesity

## EASY WAYS TO GET STARTED WITH MEATLESS MONDAY

- Swap out the meat in your favorite foods with a plant-based option.
- Get easy plant-based recipes at [MeatlessMonday.com/recipes](https://MeatlessMonday.com/recipes).
- Plan your Monday meals in advance.
- Enjoy Meatless Monday with friends or family to hold yourself accountable.
- Set a weekly reminder in your phone or calendar.
- Follow @MeatlessMonday on Instagram, Facebook, and Twitter for daily recipes and tips.

## WHAT CAN I EAT INSTEAD OF MEAT?

You can enjoy most of your favorite foods, made plant-based. There are plenty of healthy and delicious plant-based options that can easily provide enough daily protein.

### BEEF SWAPS

- Beans
- Nuts
- Plant-based meats

### POULTRY SWAPS

- Seitan
- Tofu
- Plant-based meats

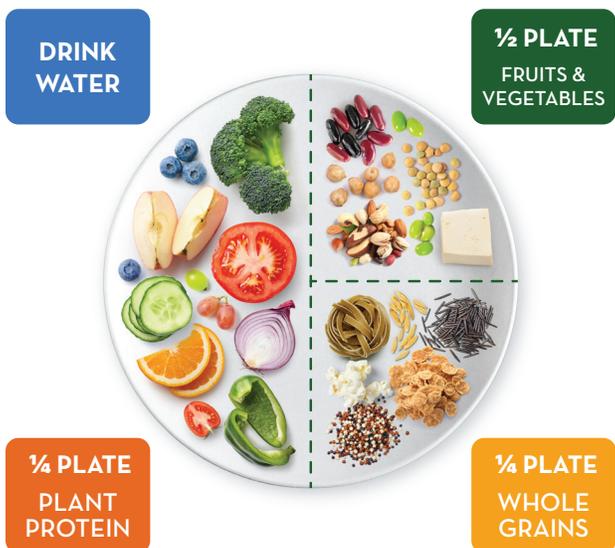
### PORK SWAPS

- Tempeh
- Tofu
- Plant-based meats

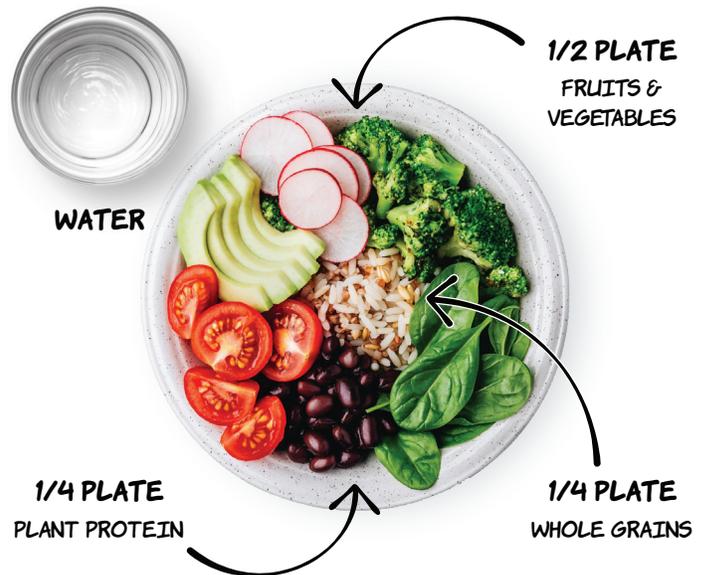
# REGISTERED DIETITIAN ADVICE FOR MEAT REDUCTION

- Make 1/2 of your plate vegetables, 1/4 plant-based protein, and 1/4 whole grains.
- Eat 3 pieces of fruit per day. Tip: eat as a snack between meals.
- Swap white rice, bread, and pasta with brown rice and whole grain products.
- Worried about protein? Don't be. It's easy to get the recommended daily amount of protein without meat. Beans, lentils, grains, peas, nuts, tofu, and meat-alternatives are all excellent sources of protein.

## Use the Plate Method for Easy Healthy Meals



## Example Meal: Rice & Beans Veggie Bowl



Scan the QR Code Below for More Meatless Monday Recipes, Ideas, Cooking Tips, and Info.

@MeatlessMonday  
MeatlessMonday.com

